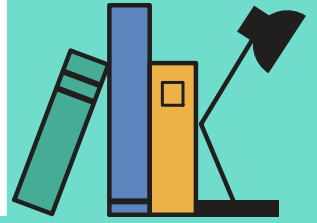
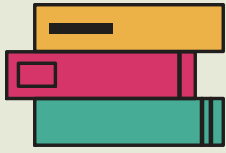


MARCH 2018

THE DINNER TABLE PROJECT

THE DINNER TABLE PROJECT.COM



A program for families to eat together, have fun, and grow closer through conversation.

Developmental Assets

THE 40 DEVELOPMENTAL ASSETS WERE CREATED BY THE SEARCH INSTITUTE AND PROVEN TO HELP YOUTH GROW UP TO BE CARING AND RESPONSIBLE ADULTS. PLEASE VISIT OUR WEBSITE TO SEE THE FULL LIST.

Reading for pleasure-

It is important that a child listens to and/or reads books outside of school daily.

TIP: Have a set reading time every night. Before or after dinner or right before bed for 20-30 minutes. You can decide to read together as a family or have quiet reading time alone or mix it up! Talk about the books you're reading around the dinner table!

Planning and Decision Making-

It is important that parents/caregivers help child think through and plan school and play activities.

TIP: Go to the library and have your child pick out their books to read for the week! If they have to get Accelerated Reader (AR) points, help them pick out the right books and plan how many books they need to read and by when to get all of their points!



Conversation Starters

WHAT IS YOUR FAVORITE BOOK? WHY?

WHO IS YOUR FAVORITE CHARACTER OUT OF A BOOK? WHAT MAKES THEM YOUR FAVORITE?

IF YOU WROTE YOUR OWN BOOK, WHAT WOULD IT BE ABOUT?

DO YOU LIKE READING? WHAT DO YOU LIKE ABOUT IT? WHAT DON'T YOU LIKE ABOUT IT?



Dinner Table Game

KEEP THE STORY GOING!

The oldest family member starts the game by introducing characters and a basic story line (Ex. Sally and Susie went to the store...). Go clockwise around the table and have each person add to the story as you go around. You can limit each person to a few sentences or you can let their creativity run free if they are on a roll! Let the oldest member finish the story at the end of dinner. This is also a fun game to play in the car!

Celebrate Dr. Seuss by reading on March 2nd!
NEA's Read Across America is an annual reading motivation and awareness program that calls for every child in every community to celebrate reading on March 2, the birthday of beloved children's author Dr. Seuss.





Health

MARCH IS NATIONAL NUTRITION MONTH!

NATIONAL NUTRITION MONTH® IS A NUTRITION EDUCATION AND INFORMATION CAMPAIGN CREATED ANNUALLY IN MARCH BY THE ACADEMY OF NUTRITION AND DIETETICS. THE CAMPAIGN FOCUSES ATTENTION ON THE IMPORTANCE OF MAKING INFORMED FOOD CHOICES AND DEVELOPING SOUND EATING AND PHYSICAL ACTIVITY HABITS.

"GO FURTHER WITH FOOD" IS THE THEME FOR 2018.

TIPS:

INCLUDE A VARIETY OF HEALTHFUL FOODS FROM ALL OF THE FOOD GROUPS ON A REGULAR BASIS.

CONSIDER THE FOODS YOU HAVE ON HAND BEFORE BUYING MORE AT THE STORE.

BUY ONLY THE AMOUNT THAT CAN BE EATEN OR FROZEN WITHIN A FEW DAYS AND PLAN WAYS TO USE LEFTOVERS LATER IN THE WEEK.

BE MINDFUL OF PORTION SIZES. EAT AND DRINK THE AMOUNT THAT'S RIGHT FOR YOU.

FIND ACTIVITIES THAT YOU ENJOY AND BE PHYSICALLY ACTIVE MOST DAYS OF THE WEEK.

FIND MORE AT:

WWW.EATRIGHT.ORG/RESOURCES/NATIONAL-NUTRITION-MONTH



Recipe

RED BEANS AND RICE

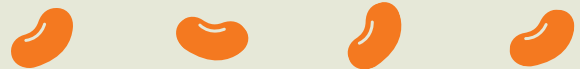
FOR THOSE RAINY SPRING DAYS!

WHAT YOU'LL NEED:

- 1 LB. DRY RED BEANS
- 7 CUPS OF WATER
- 1 MEDIUM ONION, CHOPPED
- 3 CELERY STALKS, CHOPPED
- 3 GARLIC CLOVES, CHOPPED
- 1/2 LB. TURKEY SAUSAGE, CUT UP
- 1-2 TBSP. CREOLE SEASONING
- COOKED WHITE RICE

DIRECTIONS:

- PLACE ALL INGREDIENTS EXCEPT COOKED RICE INTO A SLOW COOKER.
- COVER AND COOK ON HIGH SETTING FOR 7 HOURS OR UNTIL BEANS ARE TENDER.
- SERVE INDIVIDUALLY OVER 1/2 CUP HOT COOKED RICE.



WAYS TO BE ACTIVE

YOUTH: GET OUTSIDE TODAY! PLACE A SHEET OF NEWSPAPER ON YOUR STOMACH - TRY TO RUN WITHOUT IT FALLING OFF!

ADULTS: TAKE A WALK. SWING YOUR ARMS AS YOU WALK QUICKLY AND NOTICE ALL THE SIGNS OF SPRING!

FIND MORE AT:

KYNEP.CA.UKY.EDU

Character Word of the Month

Trustworthiness

TRUSTWORTHINESS MEANS BEING RELIABLE; DO WHAT YOU SAY YOU'LL DO, HAVING THE COURAGE TO DO THE RIGHT THING, BEING LOYAL; STAND BY YOUR FRIENDS, BEING HONEST, AND NOT DECEIVING, CHEATING OR STEALING.

A GREAT WAY TO START OUT TALKING ABOUT TRUSTWORTHINESS IS TO READ BOOKS LIKE THE BERENSTAIN BEARS AND THE TRUTH BY STAN BERESTAIN OR TOMMY THE TRUSTWORTHY TURTLE BY THE OKLAHOMA STATE EXTENSION CHARACTER CRITTER SERIES. YOU CAN ALSO TELL YOUR CHILD STORIES ABOUT TRUSTWORTHINESS; SUCH AS THE BOY WHO CRIED WOLF.

