

THE DINNER TABLE PROJECT

SEPTEMBER 2018

**A PROGRAM FOR FAMILIES TO EAT TOGETHER, HAVE FUN,
AND GROW CLOSER THROUGH CONVERSATION.**

GAME DAY SLOPPY JOES

WHAT YOU'LL NEED:

- 1 POUND EXTRA LEAN (95%) GROUND BEEF
- 3/4 CUP PICANTE SAUCE
- 1/2 CUP BARBECUE SAUCE
- 2 GREEN ONIONS, SLICED (ABOUT 1/4 CUP, OPTIONAL)
- 5 HAMBURGER BUNS, LIGHTLY TOASTED

DIRECTIONS:

- IN A LARGE SKILLET SET OVER MEDIUM HIGH HEAT, COOK THE BEEF, STIRRING AND BREAKING UP THE MEAT, UNTIL IT IS BROWNED, 5 TO 10 MINUTES.
- ADD THE PICANTE SAUCE, BARBECUE SAUCE AND GREEN ONIONS (IF USING) INTO THE SKILLET. STIR TO COMBINE.
- COOK, STIRRING OFTEN, UNTIL THE MIXTURE IS HOT AND BUBBLING.
- DIVIDE THE BEEF MIXTURE EVENLY AMONG THE FIVE BUNS.



HEALTHY TIP FOR YOUR ATHLETE

FEED YOUR ATHLETE RIGHT FOR COMPETITION!

**MUSCLES RELY ON GLYCOGEN STORAGE TO HAVE THE ENERGY THEY NEED
TO KEEP GOING**

EAT 2-4 HOURS BEFORE COMPETITION, HERE ARE SOME IDEAS!

**A WHOLE WHEAT BAGEL WITH SCRAMBLED EGGS AND A SLICE OF HAM,
FRUIT, AND MILK**

OATMEAL, 1/2 CUP OF YOGURT AND PIECE OF FRUIT

PANCAKES TOPPED WITH FRUIT, EGGS, SAUSAGE, AND A GLASS OF JUICE

PROTEIN OR GRANOLA BARS, FRUIT, AND FRUIT SMOOTHIES

**HAM OR TURKEY SANDWICH ON WHOLE WHEAT BREAD,
CELERY STICKS WITH PEANUT BUTTER AND WATER**

**TRIPLE DECKER PB&J ON MULTI GRAIN BREAD WITH
CARROTS AND DIP, PIECE OF FRUIT AND WATER**

**GRILLED CHICKEN WRAP LOADED WITH LETTUCE,
VEGGIES, AND DRESSING, WATER**



TRUSTWORTHINESS

CHARACTER WORD OF THE MONTH!

**A PERSON OF CHARACTER IS TRUSTWORTHY, LIVES WITH INTEGRITY, AND IS
HONEST, RELIABLE, AND LOYAL. YOU CAN BE TRUSTWORTHY BY TELLING THE
TRUTH, BEING SINCERE, AND SAYING WHAT YOU MEAN AND MEANING WHAT
YOU SAY. IT IS IMPORTANT TO BE A TRUSTWORTHY TEAMMATE!**

**STAY
HYDRATED
BEFORE,
DURING AND
AFTER
PHYSICAL
ACTIVITY!**



**FOUR RIVERS
REGIONAL
PREVENTION
CENTER**



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**FIND US ON
INSTAGRAM!**
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CONVERSATION STARTERS

IF YOU COULD PLAY ANY SPORT PROFESSIONALLY, WHAT WOULD IT BE?

WHAT IS YOUR FAVORITE SPORT TO PLAY AND WHY?

WHO IS YOUR FAVORITE PROFESSIONAL ATHLETE?

HOW DID YOU HELP SOMEONE AT SCHOOL TODAY? (IF THEY DIDN'T - ASK THEM HOW THEY CAN HELP SOMEONE TOMORROW)

IF YOU COULD MAKE UP YOUR OWN SPORT, WHAT WOULD IT BE? WHAT RULES WOULD YOU HAVE?

WHY DO YOU THINK RULES ARE IMPORTANT?



TOGETHER, WE CAN HELP OUR YOUTH THRIVE!

YOUTH THRIVE IS A RESEARCH-INFORMED FRAMEWORK TO HELP IMPROVE THE WELL-BEING OUTCOMES OF ALL YOUTH. RESEARCH HAS BEEN ESTABLISHED ON HOW TO PROMOTE POSITIVE YOUTH DEVELOPMENT AND HELP YOUTH GROW INTO MATURE, SUCCESSFUL ADULTS. RESEARCH IDENTIFIED FIVE PROTECTIVE AND PROMOTIVE FACTORS THAT INCREASE THE LIKELIHOOD THAT ADOLESCENTS CAN DEVELOP INTO HEALTHY, THRIVING ADULTS. THE PROTECTIVE AND PROMOTIVE FACTORS ARE:

1. YOUTH RESILIENCE
2. SOCIAL CONNECTIONS
3. KNOWLEDGE OF ADOLESCENT DEVELOPMENT
4. CONCRETE SUPPORT IN TIMES OF NEED
5. COGNITIVE AND SOCIAL-EMOTIONAL COMPETENCE

THROUGHOUT THE SCHOOL YEAR WE WILL INTRODUCE THESE CHARACTERISTICS TO YOU, AS WELL AS GIVE YOU TIPS AND ADVICE ON WAYS TO BETTER HELP OUR YOUTH THRIVE.

WWW.CSSP.ORG/REFORM/CHILD-WELFARE/YOUTHTHRIVE

AFTER DINNER TABLE GAME- CREATE AN OBSTACLE COURSE IN YOUR BACKYARD!

INSPIRATION:

- LAY DOWN POOL NOODLES TO HOP OVER
- JUMP OVER HURDLES MADE FROM ROPE TIED TO PAINT CANS
- JUMP INTO A BALL/WATER BALLOON POOL- FILL UP A PLASTIC SWIMMING POOL WITH BALLS OR WATER BALLOONS
- CRAWL UNDER OBSTACLES- USE POOL NOODLES OR ROPE TO LAY ON OBJECTS, SET UP AT DIFFERENT HEIGHTS
- USE STICKY NOTES TO SET UP "STEPPING NOTES"- SET UP IN A SNAKE PATTERN
- MAKE A TUNNEL OUT OF A SLIDE- TAPE BALLOONS TO THE SLIDE TO MAKE THE TUNNEL
- PLACE TRASHCANS IN A LINE AND WEAVE THROUGH THEM
- END WITH A DO IT YOURSELF SLIP N SLIDE- USE A TARP AND SPRINKLERS OR WATER HOSE



FUN FOOD FACT!



**APPLES ARE
MADE OF 25%
AIR, WHICH IS
WHY THEY
FLOAT.**