

The Dinner Table Project

DECEMBER 2018

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



• Cooking spray • 2 (8 ounce) tubes reduced-fat crescent rolls • ½ pound breakfast sausage • 1 cup fresh mushrooms, chopped or sliced • ½ cup onion, chopped • ½ cup green pepper, chopped • ½ cup tomatoes, chopped • 4 eggs well beaten • 1 cup shredded cheddar cheese

1. Preheat oven to 375 degrees F and spray cookie sheet. 2. Press crescent rolls onto the cookie sheet with fingers to create one even sheet of dough. 3. Pinch up the edges to hold toppings. 4. In a skillet, brown sausage and drain. 5. Sprinkle sausage, mushrooms, onions, green peppers, and tomatoes evenly over the dough. 6. Pour eggs over top and sprinkle with cheese. 7. Bake for 20 minutes or until lightly browned. 8. Cut into squares with a pizza cutter and serve.

*Make with your kids over winter break and let them choose the toppings they want!

What is your favorite part about the holiday season?
If you could have any job in the world, what would you do?
Do you like summer or winter vacation more?
What is the best gift you've ever received?
What's the strangest thing you've ever eaten?



Fruitcakes were intended to last all year! If you've ever received a fruitcake as a gift, you probably know that they can last for a long time without ever going bad, thanks to the preservative properties they contain. Actually, that's a part of the design: they were originally intended to be baked at the end of the harvest season and saved to be eaten at the beginning of the harvest season the following year, for good luck!

December is National Impaired Driving Prevention Month

The season between Thanksgiving and New Year's Day has been described as one of the deadliest and most dangerous times on America's roadways due to an increase in impaired driving. Since 1981, every president of the United States has declared December as National Drunk & Drugged Driving Prevention Month or, more recently, National Impaired Driving Prevention Month.

We are happy to support the McCracken County Agency for Substance Abuse Policy (ASAP) and their partnership with the National Highway Traffic Safety Administration for the National Buzzed Driving is Drunk Driving awareness campaign to help keep impaired drivers off of the road.

To stay safe this holiday season, always plan your sober ride before the festivities begin. If you are buzzed, do not drive.

Buzzed driving is drunk driving.

Remember it is illegal and there is no safe limit of drinking for someone under 21.

<https://one.nhtsa.gov/drivesober/get-involved/>



Follow the McCracken County ASAP's social media campaign on Instagram and Facebook!
@mccrackencountyasap



thedinnertableproject.org

[@TheDinnerTableProject](https://www.instagram.com/TheDinnerTableProject)

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TIPS FOR A HEALTHY HOLIDAY

<https://www.cdc.gov/features/healthytips/index.html>

- Wash hands often to help prevent the spread of germs.
- Bundle up to stay dry and warm. Wear appropriate outdoor clothing.
- Manage stress. Give yourself a break if you feel stressed out.
- Don't drink and drive or let others drink and drive.
- Monitor children. Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach.
- Practice fire safety. Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended.
- Prepare food safely. Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
- Eat healthy, stay active. Eat fruits and vegetable. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

Snowball Fight- You can use any size marshmallow you choose! Divide the table up into two teams. Each person tries to toss marshmallows to fellow team members, aiming for his or her mouth. The team gains a point every time a marshmallow is "caught".

Marshmallow Stack- Divide a bag of large marshmallows and place a coaster in the center of your table. Each person takes a turn placing a marshmallow on the coaster until they have to start stacking them. It's like Jenga: When the stack of marshmallows falls, that person loses.



Word of the Month: Fairness

Fairness is not favoring any one person above another and it allows everyone involved an equal opportunity to succeed.

How can your child show fairness?

- Treat people the way they want to be treated
- Take turns
- Play by the rules

Developmental Assets

The Search Institute identified 40 positive supports and strengths that young people need to succeed. They focus on relationships, opportunities, values, commitments, and more. The Dinner Table Project is excited to bring this back and introduce you to 2-3 assets each month and provide you with a tip to incorporate it in your everyday life. See the assets on our website or go to www.search-institute.org!

Personal Power

Child has a growing sense of having influence over some of the things that happen in his or her life.

TIP: Help your child choose his or her punishment or reward. This will help them gain more responsibility (personal power) of their actions.

Self-Esteem

Child like him/herself and feels valued by others.

TIP: Leave your child positive notes around the house or in their backpack for them to find! This will go a long way for their self-esteem!

Sense of Purpose

Child welcomes new experiences and imagines what he or she might do in the future.

TIP: Expose your child to different professions. Introduce them to a hair stylist or take them to an animal shelter - show them that their options are endless!

thedinnerstableproject.org