

# THE DINNER TABLE PROJECT

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

## WHAT

The Dinner Table Project was created in 2015, with the idea that families that eat together, have better relationships. If children have better relationships with their family, they are less likely to try drugs and alcohol. Children of families that share meals together also do better in school, have higher self-esteem, a greater sense of resilience and a lower risk of teen pregnancy, depression, obesity, and a lower likelihood of developing an eating disorder. Throughout the years, The Dinner Table Project has changed, but the core has stayed the same. We encourage families to eat together at least once a week with no electronics!

## HOW

Your Regional Prevention Center partners with local schools and other agencies to get out monthly newsletters that include easy recipes, conversation starters, fun games to play at the dinner table, and much more. Visit our website at [thedinnertableproject.org](http://thedinnertableproject.org) or follow us on Facebook and Instagram [@thedinnertableproject](https://www.instagram.com/thedinnertableproject).

## SHARE

Take a picture of your family preparing or eating dinner together and post it to Instagram or Facebook with [#KYDinnerTableProject](https://www.instagram.com/thedinnertableproject)

[thedinnertableproject.org](http://thedinnertableproject.org)



# 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 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](http://www.search-institute.org)!

## Resistance Skills

It is important that your child is learning to recognize risky or dangerous situations and is able to seek help from trusted adults.

TIP: Read books with your child about stranger safety like *The Berenstain Bears Learn About Strangers* by Stan & Jan Berenstain. Come up with a list together of 5 trusted adults that your child can go to for help.

## Self-Regulation

It is important to encourage your child to practice dealing with their own emotions and behaviors and to teach them the importance of healthy habits and choices.

TIP: Make sure that the majority of their snack options are healthy (fruit, yogurt, etc.) and that they only get sweets (candy, soda, etc.) every now and then.

## Family Boundaries

It is important that caregivers maintain supervision of the child, sets reasonable guidelines for behavior, and always knows where the child is.

TIP: Always meet the parents of your child's friends and ask them about their house rules and before you drop them off anywhere, make sure you see and speak to the adult in charge.

## Dinner Table Game



Go around the table and try to name a vegetable or fruit that begins with each letter of the alphabet!

## Conversation Starters

What was your favorite part of the day?

How were you kind to someone today?

What are you proud of?

What are you thankful for?

Who's the nicest person you know?



[THEDINNERTABLEPROJECT.ORG](http://THEDINNERTABLEPROJECT.ORG)



## Philly Cheesesteak Stuffed Peppers

What You'll Need:

- 3 medium sized green bell peppers
- 3 tablespoons olive oil
- 2 teaspoons salt
- 1 teaspoon black pepper
- 2 tablespoons teriyaki sauce
- 2 teaspoons low sodium soy sauce
- 1 ½ white onions
- 8 medium size button mushrooms
- additional salt and pepper for taste
- 1 lb ground hamburger meat
- 2 ½ cups of shredded mozzarella cheese

Directions:

1. preheat your oven to 375 degrees
2. Slice tops off of peppers and then slice lengthwise in half
3. Chop up your onion and mushrooms
4. Place rest of the olive oil in pan and saute onions
5. Add mushrooms to pan with onions and saute
6. Take mushroom and onion mixture and place in bowl and set aside
7. Add meat to the pan and cook until meat is cooked through. After adding meat to pan, make sure to wash hands again.
8. After meat is cooked, add mushrooms and onion back to pan and season with teriyaki sauce, soy sauce, salt, and pepper.
9. Add 1 tablespoon of white shredded cheese into bottom of peppers. Next add meat mixture into peppers and top with more cheese.
10. After you have filled the peppers, you can cover them and place them in fridge until you are ready to bake them.
11. Bake 15 minutes until cheese is melted and bubbly. \*If you want your cheese browned, you can turn the broiler on for about a minute and this will surely do the job.\* Enjoy!

Recipe submitted by Cynthia Turner of Paducah, KY