

THE DINNER TABLE PROJECT

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



Peanut Butter Balls

Ingredients:

- 2 1/2 cups crushed crunchy cereal (save half for coating)
- 1 cup honey
- 1 cup raisins
- 1 cup chunky peanut butter
- 1/4 cup nonfat dried milk

Directions:

- Stir all ingredients together in a microwave safe bowl.
- Microwave on high for 1 minute.
- Stir and microwave on high for 30 seconds on high until melted, if needed.
- Form the balls. Roll the mixture into small, bite-sized balls, coat with cereal, and place on a parchment-lined baking sheet.
- Refrigerate the peanut butter balls for 15 to 30 minutes to firm them up.
- Enjoy!

Source: University of Kentucky Cooperative Extension Service: Nutrition Education Program: Backpack Recipes



Conversation Starters

- **Would you rather...** be able to fly or breathe under water?
- If you could paint your classroom any color, **what would it be?**
- What is your **favorite thing** about yourself?

Daily Affirmations

- **I am kind** to myself and others.
- **I am brave** and can try new things.
- **I am smart** and can learn anything.
- **I can** do hard things.
- **I am** loved, and I love others.
- **I believe** in myself.



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Unite | Communicate | Encourage

Family Love Jar

Throughout February, have each family member write notes about things they love—about each other, favorite memories, or simple joys—on slips of paper. Collect them in a decorated jar. At the end of the month, open it together and read all the notes as a reminder of love, gratitude, and connection.



Developmental Assets

Family Support – when family life provides high levels of love and support.

Tips:

- Listen and understand – Pay attention to your child's feelings without judging.
- Support interests – Encourage hobbies, schoolwork, and activities they enjoy.
- Keep life stable – Have routines, rules, and a safe home environment.
- Celebrate courage – Praise your child when they speak up when it's hard for them to do so. Recognize that doing the right thing sometimes takes bravery.

DTP...On the Go!

Designate one evening this month as a “Family Time Capsule Night.” Gather as a family after dinner and have each person write down something they’ve learned, a favorite memory from the past year, and one hope for the year ahead. Add small items like drawings, photos, or ticket stubs, and seal them in a box or jar. Choose a future date to open it together.



February is Heart Health Month!

Heart Health Month is a great time to help your young child build healthy habits. Encourage daily activity, nutritious snacks, and plenty of water. Talk with your child about making safe, positive choices, like saying no to tobacco, alcohol, or other substances. Simple everyday habits help children grow strong, stay healthy, and feel their best—in both body and mind.



TELL US WHAT YOU THINK!



dinnertableproject.org

