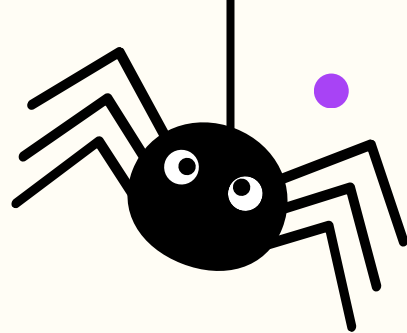


★ THE DINNER TABLE PROJECT



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

OCTOBER 2026

30 Minute Dairy-Free Potato Soup

Ingredients:

- 2.5 lbs potatoes, russet, yellow, or gold potatoes work best, peeled and diced
- 32 oz chicken stock or broth
- 1/2 white or yellow onion, sliced
- 1 cup canned coconut milk, unsweetened **If your household is not dairy free you can use regular whole milk**
- 1/4 tsp garlic powder
- 1 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 tsp dried thyme or dried chives

Directions:

1. Add chicken stock, onion, and diced potatoes to a pot. Bring to a boil and cook 5–8 minutes, until potatoes are fork-tender.
2. Scoop out 1 cup of potatoes and set aside.
3. Blend the remaining potatoes, onion, stock, and coconut milk until smooth.
4. Return soup to the pot, add reserved potatoes and seasonings, and stir.
5. Serve topped with chives and crispy bacon.

Conversation Starters

- When you notice your feelings changing, what helps you feel **cozy, calm, comfortable** or more like yourself?
- If you could sit down for dinner with any **spooky character or monster**, like Dracula or Frankenstein, who would you choose and why?
- Imagine you could cast one **Halloween spell**, what would it do?

Questions to ask Everyday

- What did you **learn** today?
- What was your **favorite moment** of the day?
- Who **helped** you today, and how did it make you feel?

The October 2026 DTP newsletter was developed by the Comprehend Regional Prevention Center.



Leaf Rubbing Art

Materials:

- A few freshly fallen leaves (variety of shapes/sizes)
- White paper
- Crayons (with paper peeled off)

Instructions:

1. Go outside together and collect colorful fall leaves.
2. Place a leaf under a sheet of paper with the bumpy side facing up.
3. Hold the paper steady and rub the side of a crayon over the paper.
4. Watch as the leaf's veins and shape appear!
5. Repeat with different leaves and colors to make a fall collage.

Developmental Relationships



Community Values Children: Children are welcomed and included throughout community life.

Having a strong community behind our children is a key protective factor while growing up. Having a community wrap their arms around youth and help them thrive is key for development. Communities can contribute to this by providing unique opportunities for children, allowing them to use their voices, and giving them an outlet to express themselves within school, community and extracurricular activities.

TIPS:

1. Have older youth mentor younger children within the community
2. Have fun, family nights where schools, businesses and community members can provide a free, fun evening for families and children.

DTP on the Go...

When **Fall** is in the air, there are so many family activities to be a part of! Try painting or carving pumpkins with your family, see who can paint the most colorful design. Talk about fall or holiday traditions with your family.

Ask: what are you looking forward to this fall season? Having traditions when the seasons change promotes togetherness and creates memories which you will look forward to every year!



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