

THE DINNER TABLE PROJECT

NEWSLETTER

DECEMBER
2025

Easy Vegetable Soup

Ingredients

- 1 small can of vegetable or tomato juice (5.5 ounces)
- 1 large can of mixed vegetables (15 ounces)
- 1 teaspoon of herbs (garlic or onion powder, basil, oregano, and thyme)

Directions

Step 1: Combine vegetable or tomato juice, mixed vegetables, herbs/spices in a microwave safe bowl or on stovetop in saucepan.

Step 2: Heat in microwave for 90 seconds to 2 minutes or on stovetop until warm.

Step 3: ENJOY!



More Info [Here!](#)



Conversation Starters

- **Would you rather...** have a hot tub all winter or a swimming pool all summer?
- What is your favorite **dance song**? Who sings it?
- What is your **favorite thing** to do with your friends?

Questions to Ask Everyday

- What are **3 things** for which you are thankful today?
- What did you **learn** today?
- How did you make **someone smile** today?



KENTUCKY
REGIONAL
PREVENTION
CENTERS



Paper Snowflake Craft

Materials

- Plain paper (white)
- Scissors
- Pencil



Directions

- Fold paper to make a square
- Cut a square shape
- Fold again to make a triangle
- Fold into thirds
- Draw designs on the snowflake
- Carefully cut the design you created with your scissors
- Unfold your creation

Developmental Relationships

Developmental relationships help young people grow and build resilience, no matter their background. These connections help them **understand** who they are, **build skills** to shape their future, and **learn** how to connect with and give back to others.



Expand Possibilities - Inspire

Inspire your child with new ideas, experiences, and places.

DTP on the Go

Turn your ordinary car ride into a magical holiday memory with a holiday lights bingo and cocoa drive. You will need: a thermos of hot chocolate or apple cider and your own holiday-themed bingo cards that you created. Things you can include on the bingo cards: Santa inflatables, reindeer on the roof, blue lights, candy cane decorations, houses with too many lights, etc. Your family can also make a holiday playlist to play during your drive.



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Holiday Lights Bingo

