

JANUARY 2026

THE DINNER TABLE PROJECT



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

Easy Rice & Beans

Ingredients:

- 1 can (15 ounces) beans with liquid
- 1 cup diced tomatoes or diced tomato with green pepper and onion
- 2 cups cooked rice
- 1 teaspoon garlic salt or 1/2 teaspoon salt plus 1/2 teaspoon garlic powder

Directions:

- Stir together and heat on the stove top or microwave in a microwave safe dish.
- Add hot sauce as needed and enjoy!

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



Conversation Starters

- **Would you rather...** have a treehouse fort or a secret tunnel fort?
- If you could meet any **fictional character** (from books, TV, movies, video games), who would you meet?
- What is your favorite **pizza topping** or toppings combination?

Questions to Ask Everyday

- What did you **learn** today?
- What was your **favorite moment** at dinner tonight?
- Who **helped you** today, and how did it make you feel?

Create a family bucket list:

Let everyone share their top pick for an activity they'd like to do together during the upcoming year. Brainstorm how you can make some of those happen this year or plan for doing them later.

2026

Developmental Assets



External Asset

Parent Involvement in Schooling - parent(s) are actively involved in helping young person succeed in school.

Tips:

- Ask about their day - make school part of everyday conversations.
- Celebrate effort - praise your child for trying hard, not just for grades.
- Stay connected with teachers - send a quick email or check the school's online portal to stay updated.

DTP...On the Go!

January can feel extra busy with school starting back up, but even small moments can keep your family connected. Try packing a note of encouragement in lunchboxes, turning car rides into "check-in time" by sharing one good thing from the day, or setting aside 10 minutes before bed for a quick game, stretch, or story. Keeping these little traditions helps children feel supported and reminds everyone that family time doesn't have to be long to be meaningful.

**TELL US
WHAT YOU
THINK!**



dinnertableproject.org

