



The Dinner Table Project

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

Summer 2026

Taco Soup

Ingredients:

- 1 can chicken, drained & shredded
- 1 can pinto beans, drained & rinsed
- 1 can black beans, drained & rinsed
- 1 can corn, drained
- 1 can diced tomatoes (undrained)
- 1 packet taco seasoning
- 2 cups chicken broth (or water)

Directions:

- In a large pot, combine chicken, beans, corn, tomatoes, taco seasoning, and chicken broth. Stir well and bring to a simmer over medium heat.
- Taste and adjust seasonings if needed (salt, pepper, or extra taco seasoning)
- Serve hot with favorite toppings!

Conversation Starters

- What's one **summer activity** you've never tried but would love to?
- What's one **food** that tastes like summer to you?
- What **song** instantly reminds you of summer?

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 Summer 2026 DTP newsletter was developed by the RiverValley Regional Prevention Center.



Family Trivia

Quiz each other on family memories, funny stories, or favorite things.

Sample Questions:

- Who loves tacos the most?
- What is Mom or Dad's favorite food?
- Who is the oldest person in our family?
- Who is most likely to forget where they put their shoes?



Developmental Assets

Reading for Pleasure

As one of the developmental assets, reading for pleasure improves reading skills, enhances empathy, and expands attention spans. By modeling the behavior of reading, providing choices, creating opportunities for reading and making it fun, this asset supports skill development and academic success.

DTP on the Go...

Sunset Dinner at the Lake or River

- Grab-and-go dinner: Sub sandwiches, pasta salad, and watermelon.
- Activity: Feed ducks, skip rocks, fish, or take a paddleboat ride before watching the sunset.

Tailgate Tuesdays

- Grab-and-go dinner: Fried chicken, coleslaw, and biscuits.
- Activity: Park somewhere scenic — a sports field, fairgrounds, or local park — open the trunk and enjoy a tailgate-style dinner with music or games.

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dinnertableproject.org

