

Table Talks

March

National Nutrition Month

National Nutrition month is dedicated to making smart food choices, healthy eating habits, and physical activity.



Nutrition is important for adolescents' growth, development, and overall health. Nutrition can support brain function, the immune system, and an overall healthy lifestyle. A balanced diet ensures that youth will reach their physical and mental potential.

More information:



April



Purple Star Award Program

Month of the Military Child

April is the month dedicated to the military child. It is sponsored by the Department of Defense Military Community and Family Policy. This is the month to think of the daily sacrifices that military families and their children have to overcome. Kentucky has a state wide Purple Star Award Program that recognizes schools that are dedicated to supporting our military youth.

May



Mental Health Awareness Month

Mental Health Awareness Month focuses on the challenges that many individuals with mental health conditions face. The National Alliance on Mental Illness (NAMI) is active in this national movement to end stigma, support, and educate. NAMI is celebrating Mental Health Awareness Month with the campaign *Take the Moment*. *Take the Moment* pushes for open dialogue, empathy, understanding, and sharing resources with others to help those that might be struggling with their mental health.

More information



KENTUCKY
REGIONAL
PREVENTION
CENTERS



The Dinner Table Project
Table Talks

KIP Data

The Kentucky Incentives for Prevention (KIP) Survey is a bi-annual survey taken by most 6th, 8th, 10th, and 12th graders in Kentucky public schools (Not all school districts participate). These results are from the 2021 Survey.

15.4% of Kentucky 10th grade students report **THEY FEEL HOPELESS "MOST OF THE TIME" OR "ALL OF THE TIME"**.

The IMPORTANCE of Mental health

Mental health is important and there are ways to talk to youth about increasing their sense of hope. According to the Prevention Technology Transfer Center Network, "Hope leads to positive outcomes, hope is a protective factor buffering against adversity and stress, and hope can be taught and learned"

Conversation Starters:

- What's the best advice that you've ever heard?
- Describe yourself in 3 words.
- If you were a wrestler, what would be your entrance theme song?
- If you started a podcast, who would be your first guest?



Power-up Berry Smoothie

Servings: 4 Serving Size: 1 Cup



Ingredients:

- 1 cup fresh spinach
- 1 very ripe banana
- 1 cup of orange juice
- 1 cup of fresh or frozen mixed berries
- 1 cup ice (optional)

Directions:

- In a blender, add spinach, banana, and orange juice. Blend until smooth.
- Add berries. Blend until smooth.
- For a cooler treat, add ice and blend until smooth.
- Serve immediately.



thedinnertableproject.org

