

November 2026

THE DINNER TABLE PROJECT

Banana Stuffed Cinnamon French Toast Rollups

Ingredients

1 ripe Banana
1 Tbsp Brown Sugar, White Sugar, Honey, or Sugar substitute
3 Tbsp Butter
3 Slices of Bread
1 Egg
1 Tbsp Milk or Milk substitute
1 tsp Ground Cinnamon
Powdered Sugar optional

Directions

1. Melt 1 Tbsp butter in a small pan over medium heat. Add the banana and sugar and cook, mashing as it softens, until lightly caramelized (about 3–4 minutes).
2. While the banana cooks, cut the crusts off the bread and roll each slice flat with a rolling pin.
3. In a small bowl, whisk the egg, milk, and cinnamon.
4. Spoon banana onto the center of each bread slice. Brush one edge with the egg mixture, roll up, and seal.
5. Dip each roll (and the crusts) into the egg mixture to coat.
6. Melt 2 Tbsp butter in a pan over medium heat. Cook the rolls and crusts, turning, until golden and crispy on all sides (about 2–3 minutes per side).
7. Sprinkle with powdered sugar if desired and serve warm.

Recipe provided by Rose Molinary, Chair of Boyd/ Greenup Pathways 2 Prevention Coalition

Conversation Starters

- What has happened this year that you are **thankful** for?
- Which person at the table makes you **laugh the most**?
- If you had to cook the entire **Thanksgiving** meal by yourself, what would happen?

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 November 2026 Newsletter was developed by the Pathways Regional Prevention Center.



Gratitude Scavenger Hunt

Go on a gratitude scavenger hunt by finding items, people, or places that match each prompt and take a moment to notice what makes you thankful.

1. Find something outside you enjoy looking at.
2. Find something that makes you happy.
3. Find something that is your favorite color.
4. Find something that smells good.
5. Find something that makes a fun sound.
6. Find someone you are grateful for.
7. Find something that makes you feel safe.
8. Find something that makes you laugh.
9. Find a place you love to be.
10. Find something that reminds you of people you love.

Developmental Relationships

Service to Others: Identify or create opportunities for youth to perform simple but meaningful and caring actions for others.

Service Project to Help Other Kids

- No-Sew Hats and Scarves

Service Project to Help Animals

- Make Dog Toys

Service Project for Local Food Banks and Shelters

- Create Toiletry Kits
- Project Linus (Host a Blanket Making Party)

Find More Ideas [Here](#).



DTP on the go...

Car Gratitude Game 🚗

Turn drive time into connection time by sharing things you're thankful for as you travel.

How to Play:

- Take turns naming one thing you're grateful for that you can see out the window or that happened that day. Keep going until everyone has shared a few times.

Conversation Starters:

- What's something you're thankful for today?
- Who helped you this week?
- What's one small thing that made you happy?

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