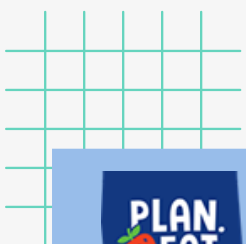


THE DINNER TABLE PROJECT



Ants on a Log and Variations

Ingredients

- **Ants on a log** (celery logs, peanut butter, raisins)
- **Ladybugs on a log** (celery logs, strawberry cream cheese, dried cranberries)
- **Fish in the river** (celery logs, cream cheese or hummus, goldfish crackers)
- **Ants on an apple** (apple wedges, nut butter or cream cheese, raisins)



Directions

- Place the spread on celery or apple and place fruit or goldfish on the top.
- Enjoy!

Source: LEAP...for Health: Zuzana Gassova former Child Development Consultant for Nutrition Education Program, University of Kentucky Cooperative Extension Service.

Questions to ask Everyday

- What are three things you are thankful for today?
- What did you learn today?
- How did you make someone smile today?

Conversation Starters

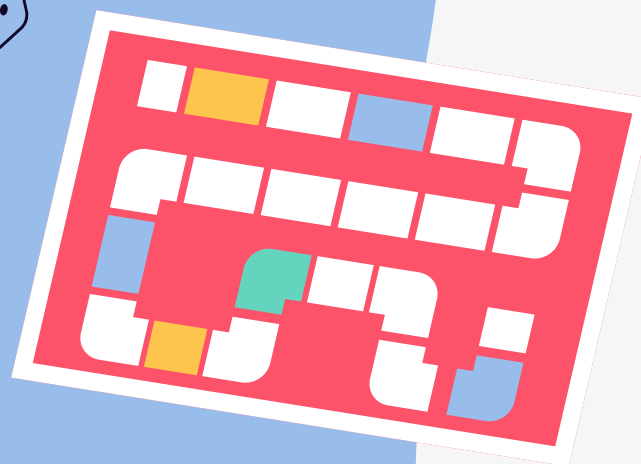
- What is something you enjoy doing that leaves you feeling calm?
- How do you decide whether or not to help someone?
- Would you rather be able to... talk with animals or understand every human language? Why?

Create Your Own Board Game

Invent your own rules and draw your own board game. Gather playing pieces from around the house and have fun playing together.

Supplies:

- Cardboard or foam board
- Markers or paint
- Ruler
- Small objects that can be used for player tokens
- Dice (If they are needed in the game)



Idea: Fill each space with a different conversation starter. On their turn, each player will roll the dice and move forward that number of spaces. Everyone in the family will take a turn answering the question on the space the player lands on.

DTP On the Go

September is a great time to get outside with your family and enjoy the season. With cooler weather and sunny days, it's perfect for visiting farmers' markets or going apple picking. Farmers' markets offer fresh produce, treats, and crafts, while apple picking is a fun way to spend time together—and maybe bake a pie!

Both activities help kids learn about seasonal foods and the importance of supporting local farmers. So grab a basket and enjoy the season!

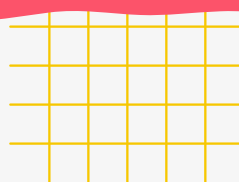
Developmental Relationships

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.

Share Power- Include Young People
Involve youth in decisions that affect them.

Tips:

- Give them choices
- Allow critical thinking
- Let them set goals



Free Webinars!



dinnertableproject.org

