



## The Dinner Table Project

**Unplug**

**Communicate**

**Encourage**

A PROGRAM FOR FAMILIES TO EAT TOGETHER,  
HAVE FUN, AND GROW CLOSER THROUGH  
CONVERSATION.

### What

The Dinner Table Project was created in 2015 with the idea that families that eat together, have better relationships. If children have better relationships with their families, they are less likely to engage in risky behaviors like using drugs or alcohol. Children of families that share meals together tend to do better in school, have higher self-esteem, demonstrate greater resilience and a lower risk of teen pregnancy, depression, obesity, and are at a lower risk for issues such as teen pregnancy, depression, obesity, and eating disorders. Over the years, The Dinner Table Project has evolved and grown, but its core mission remains unchanged. In January 2020, we introduced Table Talks, a newsletter designed to encourage meaningful conversations with your teens. No matter which newsletter your family chooses, we encourage you to make it a habit to eat together at least once a week without any electronics!

### How

Your Regional Prevention Center collaborates with local schools and other organizations to distribute monthly newsletters filled with simple recipes, conversation starters, fun dinner table games, and more. For additional resources, visit our website at [thedinnertableproject.org](http://thedinnertableproject.org) or follow us on Facebook and Instagram [@thedinnertableproject](https://www.instagram.com/thedinnertableproject).

### Share

Take a picture of your family preparing or eating dinner together and post it to Instagram or Facebook with [#KYDinnerTableProject](https://www.instagram.com/thedinnertableproject).

**[thedinnertableproject.org](http://thedinnertableproject.org)**

The Search Institute has identified 40 positive supports and strengths that young people need to succeed. They focus on relationships, opportunities, values, commitments, and more. The Dinner Table Project will introduce you to 2-3 assets each month and provide you with a tip to incorporate it in your everyday life. See the assets on our website or go to [www.search-institute.org](http://www.search-institute.org)!

## Resistance Skills

It is important that your child is learning to recognize risky or dangerous situations and is able to seek help from trusted adults.

TIP: Read books with your child about stranger safety like *The Berenstain Bears Learn About Strangers* by Stan & Jan Berenstain. Come up with a list together of 5 trusted adults that your child can go to for help.

## Self-Regulation

It is important to encourage your child to practice dealing with their own emotions and behaviors and to teach them the importance of healthy habits and choices.

TIP: Make sure that the majority of their snack options are healthy (fruit, yogurt, etc.) and that they only get sweets (candy, soda, etc.) every now and then.

## Family Boundaries

It is important that caregivers maintain supervision of the child, set reasonable guidelines for behavior, and always know where the child is.

TIP: Meet the parents of your child's friends and ask them about their house rules and before you drop them off anywhere, make sure you see and speak to the adult in charge.

## Conversation Starters

- What's something you've always wanted to learn how to do?
- If you could switch places with anyone for a day, who would it be and why?
- What's your favorite meal or food to share with the family?
- What's the best book or movie you've seen recently?

## Dinner Table Game



Go around the table and try to name a vegetable or fruit that begins with each letter of the alphabet!

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KENTUCKY  
REGIONAL  
PREVENTION  
CENTERS



## Taco Cups

### What You'll Need:

- 1 package taco seasoning
- 1 pound ground beef or turkey
- 12 small tortilla chips
- 1 cup shredded cheese
- 1/2 cup salsa

### Directions:

1. Preheat the oven to 375°F.
2. Brown the ground meat in a skillet, then mix in the taco seasoning according to package instructions.
3. Place tortilla chips in muffin tin cups, then spoon the seasoned meat mixture over the chips.
4. Top with shredded cheese and bake for 5-7 minutes until cheese is melted.
5. Drizzle with salsa before serving.