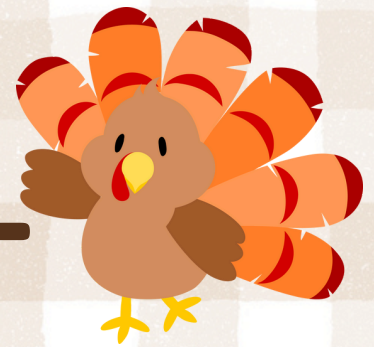


NOVEMBER 2025

THE DINNER TABLE PROJECT



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

Pumpkin Pancakes

Servings: 12

Serving size: 2 small pancakes

Ingredients

- 2 cups flour
- 2 TBSP brown sugar
- 1 TBSP baking powder
- 1 ¼ tsp pumpkin pie spice
- 1 tsp salt
- 1 egg
- ½ cup canned pumpkin
- 1 ¾ cup milk
- 2 TBSP vegetable oil

Directions

1. In large bowl, combine flour, brown sugar, baking powder, spice, and salt
2. In another bowl, combine egg, canned pumpkin, milk, and oil
3. Add wet ingredients to dry ingredients. Stir until moist.
4. Lightly coat pan with cooking spray or butter. Heat on medium
5. Drop batter into pan by tablespoon. Cook until golden brown on both sides. Flip when edges start to bubble.



Conversation Starters

- **Would you rather...** share your bedroom with a pet skunk or a pet porcupine?
- If you could design your own **board** or **video game**, what would your game be like?
- If you could describe your day with a **facial expression**, what would it look like? Can you make that face now?

Questions to Ask Everyday

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





Pinecone Hedgehogs

Materials

- Pinecones
- Brown and beige felt
- Googly eyes
- Scissors
- Hot glue gun (with adult supervision)



Directions

- Prepare the felt to make the face: cut a small oval shape from the beige felt. Cut two small ear shapes from the brown felt.
- Assemble the face: glue the googly eyes onto the beige oval. Attach the brown ears to the top of the oval.
- Attach the face to the pinecone: Glue the completed face onto the pointed end of the pinecone

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- Collaborate

Create opportunities for your child to **take action** and **lead**.



DTP on The Go

November is a great month to self-reflect on things you are grateful for. Creating a family **Blessing Box** for the month of November is a great way for family members to share things they are grateful for each day of the month. All family members can work together to create and design their individual or family Blessing Box. To make it more individual families can use color paper, stickers, paint, or markers. Beside the Blessing Box, place a stack of paper or post it notes for family members to write on and then place their blessings in the box. Traveling in a car is a great environment for caregivers to share and encourage youth to identify and explore things they are grateful for. Thanksgiving Dinner is a great opportunity for families to open the Blessing Box and share their individual or family blessings that were added to their individual or family Blessing Box.

