



# The Dinner Table Project

A program for families to eat together, have fun and grow closer through conversation.

## Conversation Starters



If you could have a farm full of any animals, which animals would you choose?

Would you rather drive a tractor or ride a horse? Why?

Which vegetables would you like to grow in a garden?

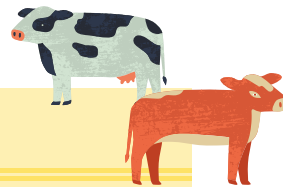


## Questions to Ask Everyday

What are 3 things for which you are thankful today?

What did you learn today?

How did you make someone smile today?



## Bacon Cheeseburger Pasta

- 8 ounces penne pasta
- 1/2 cup water
- 1 pound ground beef
- 1 cup shredded cheddar cheese
- 6 bacon strips, diced
- Optional: Barbecue sauce, mustard, or your favorite burger toppings
- 1 can (10-3/4 ounces) condensed tomato soup

Cook pasta according to package directions. Meanwhile, in a large skillet, cook beef over medium heat until no longer pink; drain and set aside. In the same skillet, cook bacon until crisp; remove with a slotted spoon to paper towels to drain. Discard drippings. Drain pasta; add to the skillet.

Stir in the soup, water, beef, and bacon. Heat through.

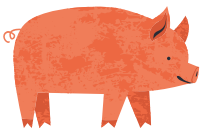
Remove from the heat and sprinkle with cheese. Cover and let stand for 2-3 minutes or until the cheese is melted. Serve with your favorite burger fixings on top, if desired.



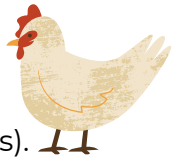
## Did You Know?

Kentucky is home to a wide variety of agriculture production, from horses and beef cattle to tobacco and corn. Agriculture in Kentucky is one of the state's leading and most vital industries!





# Fun Kentucky Farm Facts



Of Kentucky's 25.4 million acres, just over 50% is considered farmland (12.8 million acres).  
Kentucky is home to 75,966 farms, from large to small.



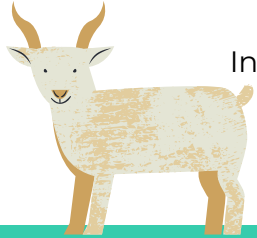
Honey is an important agricultural product in Kentucky. There are approximately 12,669 colonies of bees, kept by approximately 2,500 beekeepers statewide.

In 2020, more than 2 million acres of hay were harvested, producing 5.4 million tons of hay.

Kentucky is home to 242,400 horses and 35,000 horse farms.

In 2020, Kentucky's 47,000 milk cows produced 109 million gallons of milk.

Source: Kentucky Food and Farm



## Developmental Assets

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. We introduce you to 2-3 assets each month and provide you with a tip to incorporate them into your everyday life. See the full list of assets on our website or go to: [www.search-institute.org](http://www.search-institute.org)!



### External Asset: Creative Activities

Make sure your child is using their time constructively. Encourage your child to get involved with a creative activity such as entering a school or community-based contest for writing or art. If your child is into drama, have your child put on a play for the family. If your child loves music, have everyone in the family find a household object to use as a musical instrument and create a song as a family.

### Internal Asset: Cultural Competence

Increase your child's cultural competence by welcoming differences. This can be done by discussing your own culture with your child as well as highlighting differences amongst other cultures. Help your child understand that differences are positive things and make us who we are. Find ways to incorporate cultural differences in your child's everyday life by watching movies by people who do not look like them or even by having them help you cook a dish for dinner from another country.

## Farmer, May I?

This is a fun game similar to "Mother, May I." The farmer will call out big steps, little steps, duck waddles, horse gallops or bunny hops. Each player then has to ask "farmer, may I?" in order to move forward. If players forget to ask, they're sent back to the starting line. The first player to reach the farmer becomes the new farmer!



Can you find the hidden sheep somewhere in this newsletter?



[dinnertableproject.org](http://dinnertableproject.org)

