

The Dinner Table Project

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

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?

As a new school year begins, we want to welcome you to the Dinner Table Project!

DTP is a resilience-building initiative of Kentucky's Regional Prevention Centers. We encourage families to eat together at least once a week with no electronics.

Research shows children of families who share meals together have better academic performance, higher self-esteem, a greater sense of resilience, lower risk of teen pregnancy, lower risk of depression, lower rates of obesity, and a lower likelihood of developing an eating disorder. Young people are less likely to try alcohol, tobacco, and other drugs if they have strong relationships with their siblings, parents, caregivers, or other trusted adults.

We hope you'll prepare the recipes in the monthly newsletters together, ask each other the daily questions, and use the conversation starters and activities as ways to spend time together and stay connected.



Did You Know?

In the US, the average school day is 6.8 hours long. In Finland, it's 5 hours and in Taiwan, it's 8.5 hours.



Cheeseburger Biscuit Cups

1 lb ground beef

½ cup ketchup

2 tablespoons light brown sugar

1 tablespoon yellow mustard

1 teaspoon Worcestershire sauce

2 tubes (6 oz each) refrigerated biscuits

4 oz Velveeta cheese, cubed small

Heat oven to 400°. Prepare a 12-cup muffin pan and spray 10 of the muffin cups with cooking spray. Set aside. In a skillet over medium-high heat, brown and crumble ground beef. Drain. Add the ketchup, brown sugar, mustard, and Worcestershire sauce. Stir to combine. Turn heat to low and let it simmer while you prepare the muffin cups. Press each biscuit into a large, flat circle then place it into the muffin pan. Put 2 cubes of Velveeta cheese into each biscuit cup. Top with a large scoop of the cheeseburger mixture (fill to the top of the biscuit) and then place 2 more Velveeta cheese cubes on top of each biscuit cup. Bake for 13-15 minutes or until biscuit cups are golden brown.

Let cool for about 5 minutes in the muffin pan and then serve.

Conversation Starters

If you could plan a fun family day, what would you include in your plans?

What is your favorite chore? What about your least favorite?

What is one new fact you learned today?

If you could travel back in time, where would you go?



Family Self-Care

Getting back into the routine of school can be difficult for children and adults. Try some of these self-care ideas to help you all relax afterschool or on the weekends.

- Go for a family walk
- Practice deep breathing
- Have storytime
- Play together
- Talk about how you're feeling

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!

External Asset: Parent Involvement in Schooling

Get involved in your child's schooling by helping them manage their homework or other school commitments. Utilize parent sites like infinite campus to see your child's current grades, missing work, and to communicate with your child's teacher. Help set up reminders by writing important dates in your child's agenda or getting a household calendar specifically for extracurriculars and important due dates.

Internal Asset: Caring

Help your child to be the caring person you know they can be by encouraging them to help others. Always look for ways for your child to be helpful, such as having them hold the door for the person behind them. At home, allow your child to help you with preparing dinner, folding laundry, or reading a bedtime story to their siblings. In order to teach your child to become a caring person, they must be shown an example of a caring person. Don't forget to set the example for your child by paying for someone else's meal in the drive-thru or asking the cashier at the grocery store how their day is going.

DTP...On The Go!

The beginning of the school year is an exciting and busy time for families, but eating healthy can be a challenge. Parents can allow children to help prep and pack healthy and balanced meals or snacks the night before school or a sporting event. Encourage conversation while you're together in the kitchen and later as you enjoy your food on the go.



dinnertableproject.org

