

The Dinner Table Project

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

It's easy! Sit down, eat, play games, and talk to each other with the help of our monthly newsletters!

Studies show that regularly sharing a meal together...



Academic performance

Self-esteem

Sense of resilience



Risk of substance use, teen pregnancy, and depression

Likelihood of developing an eating disorder

Rates of obesity

Receive newsletters each month with recipes, games, conversation starters, and so much more to help bring your family together at the dinner table!

Put the phones and devices away for uninterrupted fun and conversation!

thedinnertableproject.org



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What are three things you are thankful for?

What is one thing you learned today?

What is the quickest way to make someone smile?

Did you have the chance to be kind today? Tell me about it.

What are some things you can do to make the world a better place?

What is the first thing you thought about when you woke up this morning?

What are you proud of?

If you wrote a book, what would it be about?

Try these conversation starters and find more at:

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