

# The Dinner Table Project

December 2023

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

PLAN.  
EAT.  
MOVE.

## Chicken and Dumpling Soup

- 2/3 cups cooked chicken, cubed
- 4 carrots
- 3 stalks of celery
- 3 medium potatoes
- ½ yellow onion
- 1 clove garlic
- 2 tablespoons olive oil
- 2 (32-ounce) boxes of low-sodium chicken broth
- 2 cups frozen peas
- 1 (12-ounce) package frozen dumplings
- Salt and pepper, optional



Chop vegetables into bite-sized cubes; chop onion and garlic finely. In a large soup pot, heat olive oil over medium-high heat and cook the onion and garlic until tender. Add the carrots, celery and potatoes and stir for a few minutes, being careful not to burn them. Pour in the broth and bring to a boil. Add dumplings, a few at a time. Turn down heat and simmer for about 15 minutes, stirring often, until the vegetables have softened. Add chicken and raise heat to medium-low for 10 minutes. Add frozen peas during the last five minutes. Add salt and pepper to taste.

Servings:10 Serving Size:1 cup



## Conversation Starters

What is the funniest joke you have ever heard?

What is something you consider to be priceless? Why?

Who are the people in your life that help you and how do they help you?

## 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?



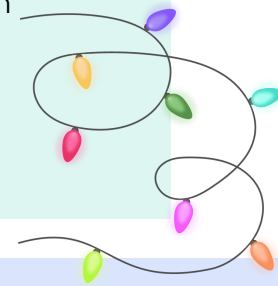
## Go On An Indoor Scavenger Hunt



If cold winter weather is keeping you from going outside, this is a fun activity you can do inside your home. Race to see who can find the most items on the list!

### Can You Find Something...

- blue
- that makes a noise
- to eat with
- that closes
- with buttons
- shiny
- squishy
- to read
- alive
- made of metal
- with a pattern
- that holds things
- with wheels
- made of plastic
- with paws
- that lights up
- you can wear
- that opens
- to color with
- round
- fuzzy
- beautiful
- yummy
- old



## 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 two 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 - Service to Others

Help your child to be of service to others by encouraging them to give back. Encourage your child to go through their belongings and donate any clothes they may have outgrown or toys that they no longer play with. If you really want your child to see the joy their service brings to others, have your child write and decorate letters for nursing home residents.

## Internal Asset - Personal Power

Create a sense of personal power in your child by allowing them to make decisions on things that affect them. This can be as easy as allowing your child to decide what the family will eat for dinner, choosing how they will decorate their room, or allowing them to pick out their own clothes for school. Allowing your child to make decisions on the things that affect them will show them that they have some control over what happens in their life.



Help us improve our newsletters by completing this quick survey!

## DTP...On The Go!

December is a hectic month for parents and children. There are multiple bonding activities that family members can participate in while traveling. One idea is to find your family's favorite holiday tunes that everyone can sing along to. Everyone can also share personal thoughts and feelings about events from the past year, things they are grateful for, or future goals.



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

