

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

 no tv, phones, or electronic devices

**Studies show that regularly  
sharing a meal together...**



**Academic  
performance**

**Self-esteem**

**Sense of resilience**



**Risk of substance abuse,  
teen pregnancy, and  
depression**

**Likelihood of developing  
an eating disorder**

**Rates of obesity**

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



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

# The Dinner Table Project

@THEDINNERTABLEPROJECT



Share how you are using  
The Dinner Table Project!



#KYDinnerTableProject