



The Dinner Table Project



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



Share how you are using
The Dinner Table Project
#kydinnertableproject



KENTUCKY
REGIONAL
PREVENTION
CENTERS



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

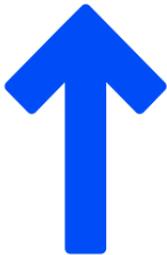
There is just one rule...



NO tv, phones, or electronic devices.



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

thedinnertableproject.org