

The Dinner Table Project



A PROGRAM FOR FAMILIES TO EAT TOGETHER, HAVE FUN,
AND GROW CLOSER THROUGH CONVERSATION.

DID YOU KNOW THAT IT'S GOOD FOR KIDS TO REGULARLY HAVE
MEALS WITH THEIR LOVED ONES? THESE MEALS CAN...

- ✓ DECREASE THEIR RISK OF SUBSTANCE USE AND DEPRESSION
- ✓ IMPROVE ACADEMIC PERFORMANCE
- ✓ IMPROVE SELF-ESTEEM

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



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



thedinnertableproject.org



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WHERE IN THE
WORLD WOULD YOU
MOST LIKE TO LIVE?

WHAT MAKES YOU
PROUD TO BE
A MILITARY CHILD?

WHAT DOES IT MEAN
TO BE BRAVE?
WHAT'S ONE BRAVE
THING YOU'VE DONE?

IF YOU WERE THE
PRESIDENT AND HAD 2
ASSISTANTS, WHO WOULD
THEY BE AND WHY?

WHAT DO YOUR
FRIENDS LIKE MOST
ABOUT YOU?

WHAT WOULD YOU
LIKE TO BE DOING 10
YEARS FROM NOW?

IF YOU COULD MAKE ONE
RULE THAT EVERYONE IN THE
WORLD HAD TO FOLLOW,
WHAT WOULD IT BE?

WHAT MAKES
SOMEONE A
HERO?

Try these conversation starters and find more at:



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