

The Dinner Table Project

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

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?

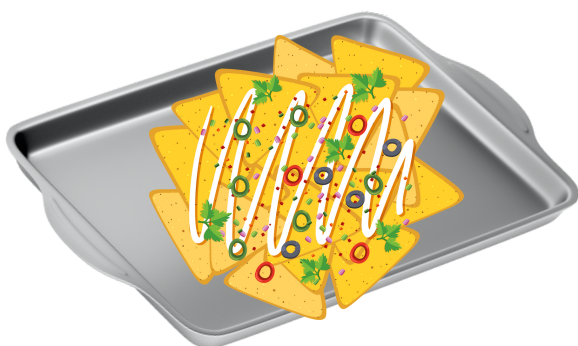


Conversation Starters

What do you need help with that is kind of hard to admit?

Where does your strength come from?

Who do you specifically call on to help you every once in a while?

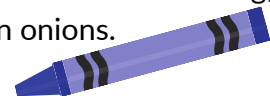


Sheet Pan Chicken Nachos

1 (15oz) can of black beans
 1 can of sliced black olives
 12 oz. of sharp cheddar cheese
 1 small Roma tomato
 8 green onions

1 jalapeno (optional)
 1 pound of rotisserie chicken
 ½ cup of salsa
 1 16 oz. bag of tortilla chips
 Sour cream, for topping

Heat oven to 425 F and line your baking dish with foil. Prepare the following, keeping them separate: Drain and rinse 1 can black beans. Drain 1 can sliced black olives. Shred 12 ounces of sharp cheddar. Dice 1 Roma tomato. Thinly slice 8 green onions and 1 small jalapeño. Shred 1 pound of cooked chicken into a medium bowl and add 1/2 cup of salsa, toss to combine. Build the nachos: Arrange about half of a bag of tortilla chips on the baking sheet in an even layer. Top with half of the salsa chicken and a handful of shredded cheese. Layer the remaining chips on top, followed by the remaining chicken and cheese. Sprinkle with black beans. Bake the nachos until the cheese is melted and the chips are beginning to brown around the edges - about 8 minutes. Just before serving, garnish with the black olives, jalapeño, tomato, dollops of sour cream, and green onions.





2 Ingredient Moon Sand

1/4 cup baby oil
2 cups of flour

Mix the ingredients well to break up any clumps that form. Store the moon sand in an air-tight container when not in use.



Happy New Year!

At the beginning of a new year, many people like to make resolutions or set goals to help them be better in the coming year. In the space below, make some resolutions for 2023!

This year I want to _____

This year I need to _____

This year I am going to start _____

This year I am going to stop _____

This year I am going to learn _____



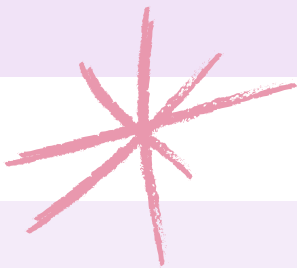
KENTUCKY
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Kentucky Strengthening Families (KYSF) represents a multi-disciplinary partnership of more than 20 national, state and local public and private organizations dedicated to embedding six research-based protective factors into services and supports for children and their families.

Protective Factor: Social & Emotional Competence of Children

Conversations for parents and caregivers to keep your family strong:

- What is family time like in your family, and why is it important?
- What social skills and manners do you model and teach children during snacks and meal times?
- What do you do when you do not understand what is going on with your child?
- How do you provide a safe space for your child to express feelings and help them understand others' feelings?



Scan this code with your phone to sign up to receive the digital DTP newsletter and mid-month minis in your email inbox!



DTP...On The Go!

In January, many people set New Year's resolutions or goals for the upcoming year. In the car, adults can discuss the benefits of setting personal goals with younger family members and encourage them to set goals and share them with each other. All family members can provide support and offer ideas. Families can discuss goals everyone can work toward for the upcoming year, such as spending more time together.



dinnertableproject.org

