

The Dinner Table Project

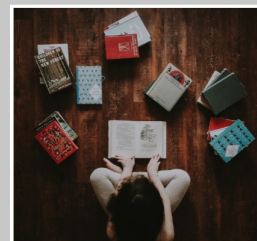
March 2019

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

Happy birthday, Dr. Seuss!

Did you know that Dr. Seuss would have been 115 years old this year? Born on March 2nd, Dr. Seuss still lives through his creative imagination on the pages of over 40 children's books. Celebrate his birthday by reading books, eating green eggs and ham, and being silly!

The more that you read, the more things you will know. The more that you learn, the more places you'll go. -Dr. Seuss



Conversation Starters

If you could live in another state, what state would that be?

How many people in your life do you trust?

Why do you think you should always tell the truth?

If you were President of the United States, what would you change first?

What is your favorite book and why?

Developmental Assets

The Search Institute 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 2-3 assets each month and provide you with a tip to incorporate it in your everyday life. See the assets on our website or go to www.search-institute.org!

Community cherishes and values young children

It is important that your community values and cherishes young children and that children are welcomed and included throughout community life.

Tip: Parents, take your child(ren) to the local library on the weekend! The library is very kid friendly, with activities planned that you and your kids can enjoy, plus a children's and young adults' section!

Family support

It is important that caregivers provide their child with a lot of consistent love, physical care, and positive attention in ways that are responsive to the child's individuality.

Tip: Parents, child care workers, and primary caregiver(s) come up with a care plan for your child or children that you all could use in case the child is misbehaving, the care plan can consist of ways to soothe the child, physical care if the child hurts themselves and simple ways to react to the each individual child in a positive way.

Out-of-home and community programs

It is important that your child experiences well-designed programs led by competent, caring adults in well maintained settings.

Tip: Sign your child(ren) up for a community sport, soccer, T-ball, dance, theatre, even classes that teach another language! Some churches provide these sports for free. Your child's school or local recreation centers is another place to start.



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270.442.8039
spowell@4rbh.org

Olive Garden Chicken Gnocchi Soup

What you'll need:

- 4 tablespoons Butter
- 1 tablespoon olive oil
- 1 cup finely diced onion
- 1/2 cup finely diced celery
- 2 garlic cloves, minced
- 1/4 cup all-purpose flour
- 1 quart half-and-half
- 28 ounces chicken broth
- 1/2 teaspoon dried thyme
- 1 cup carrots finely shredded
- 1 cup chopped spinach leaves
- 1 cup chicken breast cooked, and sliced
- 16 ounces package ready-to-use gnocchi

Directions:

Melt the butter into the oil in a large saucepan over medium heat. Add the onion, celery, and garlic and cook, stirring occasionally until the onion becomes translucent. Whisk in the flour and cook for about 1 minute. Whisk in the half-and-half. Simmer until thickened. Whisk in the chicken broth. Simmer until thickened again. Stir in 1/2 teaspoon salt, the thyme, parsley, carrots, spinach, chicken, and gnocchi. Simmer until the soup is heated through. Before serving, season with additional salt, if necessary.

<https://copykat.com/2010/02/28/olive-garden-chicken-and-gnocchi-soup/>



Broccoli contains
twice the vitamin C
of an orange.

March Observances

Women's History Month
Optimism Month
National Nutrition Month
Honor Society Awareness Month
National Craft Month

March is National Nutritional Awareness Month

True or False?

People who cook and prepare foods regularly tend to eat healthier diets.

True! Those who regularly shop for groceries and prepare their own meals are most likely to consume a healthy diet

University of Kentucky College of Education and Agriculture, Food and Environment <http://www2.ca.uky.edu/agcomm/pubs/fcs3/fcs3537/fcs3537.pdf>



The Famous Person Game



What You Need: Blank white stickers or mailing labels, a marker, and a list of famous people.

How to Play: Create a list of famous people and write names on each mailing label or sticker. Once people are seated, place a sticker on each person's forehead, taking care that they don't see the name. People then take turns guessing who they are by asking questions of their fellow players who can all but reveal their identity to them. The game is over when the second to last person guesses who they are correct.

Character Word of the Month

Trustworthiness

Trustworthiness means people can rely upon you and that you are always honest and truthful.

You can become trustworthy to others by:

1. Always telling the truth
2. Keeping your word

