

# 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?



## Did You Know?

It's estimated that more than half of the world's plant and animal species live in tropical rainforests!



## Conversation Starters

If you had a magic wand, what would it be made of?

Rank your favorite days of the week from most favorite to least favorite.

What is a hobby you love, and why do you love it?

## Colorful Quesadillas



- 8-ounce package fat-free cream cheese, softened
- 1/4 teaspoon garlic powder
- 8, 8-inch whole wheat tortillas
- 1 cup red or green bell pepper, diced

- 1/2 cup red onion, diced
- 1 cup shredded low-fat cheese
- 2 cups fresh spinach leaves (or 9 ounces frozen spinach, thawed and squeezed dry)

Rinse spinach and pat dry. Gently scrub the bell pepper under running water. Dice 1 cup bell pepper, 1/2 cup onion, and chop 2 cups of spinach. In a small bowl, mix 8 ounces of cream cheese with 1/4 teaspoon of garlic powder. Spread about 2 tablespoons of the cream cheese mixture on each tortilla using a butter knife. Sprinkle about 2 tablespoons bell pepper, 1 tablespoon of onion, 2 tablespoons cheese and 1/4 spinach on one half of each tortilla. Fold tortilla in half. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes, flip and heat another 1-2 minutes or until golden brown. Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder of the quesadillas. Turn off the stovetop when done cooking. On a cutting board, use a knife or pizza cutter to cut each quesadilla into 3 or 4 wedges. Serve warm.



8 servings - Serving Size: 1 Quesadilla



# Ideas For Family Fun In March

## Joke Time!



What's a snake's favorite subject in school?

Hissssstory!

## Make Your Own Bubbles!

- Pour 1 cup of water into a jar or bowl.
  - Add 1 tablespoon of dish soap.
  - Add 1 tablespoon of glycerine.
  - Stir ingredients. If bubbles don't form well, add a bit more soap or glycerine.
- Once you mix up a batch, play some backyard games with bubbles. Try the bubble pop freeze dance where someone blows bubbles and players pop as many as they can until the music goes off and they must freeze.



## Developmental Assets

The Search Institute has 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 two assets each month and provide you with a tip to incorporate them into your everyday life. See the full list of assets on our website or go to: [www.search-institute.org](http://www.search-institute.org)!



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## External Asset - Creative Activities

Make sure your child is using their time constructively. Encourage your child to get involved with a creative activity such as entering a school or community-based contest for writing or art. If your child is into drama, have your child put on a play for the family. If your child loves music, have everyone in the family find a household object to use as a musical instrument and create a song as a family.

## Internal Asset - Caring

Help your child to be the caring person you know they can be by encouraging them to help others. Always look for ways for your child to be helpful, such as having them hold the door for the person behind them. At home, allow your child to help you with preparing dinner, folding laundry, or reading a bedtime story to their siblings. In order to teach your child to become a caring person, they must be shown an example of a caring person. So don't forget to set the example for your child by baking cookies for a neighbor, asking the cashier at the grocery store how their day is going, etc.

## DTP...On The Go!



March is a great time for parents to teach kids about race and the importance of appreciating cultural diversity. [Verywellfamily.com](http://Verywellfamily.com) suggests families host a festive evening one day a week for a cultural immersion experience. This includes a special meal, music, sharing research about the culture, and storytelling indicative of the chosen culture. While riding in the car, families can learn more about the chosen culture, by listening to music, creating similar music, and open discussion on cultural differences and acceptance. At the end of the week, family members share one thing they learned and one thing they would like to learn about the chosen culture.



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

