

# The Dinner Table Project

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



November 2020

## Conversation Starters

Who is one person you think of as a good role model? Why?

What is your funniest memory with your family? What about with your friends?

If you were a super hero, what would your super power be?

What's one of your favorite things about your family members?



## Breakfast Casserole

8 Cups Frozen Hashbrowns  
16 Oz. Cubed Ham  
8 Oz. Shredded Cheese  
12 Lg Eggs

1 Cup Milk  
1 TSP Salt  
1/2 TSP Pepper  
Cooking Spray

Tip: Use left over ham from Thanksgiving!

Preheat oven to 350 degrees. Add the frozen potatoes, ham, and cheese to a large bowl. Toss to combine. Pour the mixture into a 9 x 13 inch baking dish that has been sprayed with cooking spray.

In a large bowl, whisk the eggs with the milk, salt, and pepper.

Pour the egg mixture over the hash brown mixture. Pat everything down with the back of a wooden spoon. Bake for one hour, uncovered. The center should be set and the edges should be golden brown.

## Questions to ask everyday!

What are three things you are thankful for?

What is something you learned today?

How did you make someone smile today?



Why dont eggs tell jokes?  
Because they crack each other up!  
- Sawyer,  
Pulaski County

<https://www.thewholesomedish.com/easy-breakfast-casserole/#wprm-recipe-container-7143>



## *1 Spy*



For those of you who are not familiar with this game, start by picking out a “secret” object in the room and say “I spy with my little eye, something red”. If there is only one child, they can keep guessing until they get it right. If there is multiple children playing, they can take turns guessing, until one of them get the “secret object” correct. The child who guesses correctly can spy something next.

<https://www.familyfuntwincities.com/indoor-games-for-kids/>



## *Did You Know...*

**Neil Armstrong and Buzz Aldrin's first meal in space after walking on the moon was roasted turkey!**



## *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 2-3 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)!



### *Internal Asset:*

#### *Interpersonal Competence*

Our young people have empathy, sensitivity, and friendship skills.

Tip: Help your kids put themselves in other peoples shoes. Get into the habit of asking, "How would that make you feel?".

### *External Asset:*

#### *Adult Role Models*

Our young people have adults that model positive, responsible behaviors.

Tip: Talk with your kids about some habits and qualities a good role model might have.

## *We want to say Thank You!*

In this season of giving thanks, we at The Dinner Table Project want to say thank you. We enjoy getting recipes, photos, and fun from around your dinner tables. Thank you for eating together, having fun and growing closer through conversations with us!

Find more and subscribe at:

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

