

The Dinner Table Project

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

Conversation Starters

What Thanksgiving traditions do you have?

How have you connected to others in your community?

If you were a dragon, what kind would you be and what kind of treasure would you protect?

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?

Easy Italian Ziti

- 1 pound lean ground beef
- 1 (24 ounce) jar low-sodium spaghetti sauce
- 2 cups low-fat cottage cheese
- 2 tablespoons grated Parmesan cheese
- 1 egg, beaten
- 2 teaspoons dried parsley
- ¼ teaspoon garlic powder
- 8 ounces whole-wheat ziti or penne pasta, cooked according to package directions
- Cooking spray
- 1 cup shredded Mozzarella cheese

Preheat oven to 350 degrees F. In a large skillet, sauté beef until it browns. Drain off the excess fat. Add spaghetti sauce and heat through. In a large mixing bowl, combine cottage cheese, Parmesan cheese, egg, parsley and garlic powder. Add cooked ziti and mix well. Spray a 9-by-13-inch baking dish with cooking spray. Spread 1 cup of spaghetti sauce in the bottom of the dish. Spoon ziti mixture into the pan and top with remaining sauce and Mozzarella cheese. Bake for 30 minutes uncovered. Let stand 5 minutes before serving.

Servings:8 Serving Size:1/8 of prepared recipe





Make a Family Time Capsule

If your family is gathering together in November for a holiday meal, take the time to capture precious family memories.

You Will Need:

- *Glass jar*
- *Paper*
- *Colored pencils*
- *Marker*
- *Shovel and a patch of yard to bury it. If you don't have a yard you can put the jar away in a closet!*

1. Cut the paper into strips.
2. Write the year on the end of the strip with a marker, then write a memory of your family that you are thankful for. Have each member of your family do the same with their own strip.
3. Roll the notes up and pop them in the jar.
4. Take a walk around your yard and think about where would be a good place to bury it.
5. Take turns digging - notice how hard it is to dig a hole!
6. Place the capsule in the hole. Dig it up next Thanksgiving and add more things you are thankful for.

Developmental Assets



External Asset - Parent Involvement in Schooling

Get involved in your child's schooling by helping your child manage their homework or other school commitments. Utilize parent sites like infinite Campus to see your child's current grades, missing work, and to communicate with your child's teacher. Help set up reminders by writing important dates in your child's agenda or getting a household calendar specifically for extra curricular activities and important due dates.

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!



Internal Asset - Responsibility

Encourage your child to accept personal responsibility for their behavior. When conflict arises, help your child to take a step back and look at what part they played in the situation. Have your child identify things they could have done differently in the situation and go over the possible outcomes that could have resulted, had they done things differently. It's important to help your child understand that they cannot change the actions of others but only themselves.



Help us improve our newsletters by completing this quick survey!

DTP...On The Go!

Going off the grid is a great opportunity for families to bond with one another. All family members will be asked to turn all electronic devices off for one evening a week and focus on spending time together. All members of the family can decide which evening of the week is best and for what period of time. During that time parents can encourage their children's participation in meal planning, which could be eating out or preparing a meal at home. Families can also engage in fun activities such as name that tune, or ask trivia questions. The most important thing is to have fun and bond without the distraction of technology.



dinnertableproject.org

