

The Dinner Table Project

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

September 2021

Conversation Starters

How would you spend a day off from school?

What is the best thing about your new class?

Are there any new kids at school this year? What could you do to help them feel welcome?

Questions to ask everyday...

What did you learn today?

What are 3 things you are thankful for?

How did you make someone smile today?

The first day of fall is September 22nd!

September 5th is National Cheese Pizza Day!

Chili Dog Casserole

2 Cans Chili with Beans

1 Package Beef Hotdogs

10 Flour Tortillas

Shredded Cheese

Pre heat oven to 425 degrees. Dump 1 can of chili into a 9X13 baking dish. Wrap hotdogs in tortillas and place in the dish, seam side down. Pour 2nd can on chili on top of the hotdogs and cover with cheese. Cover with foil and bake for 30 minutes.

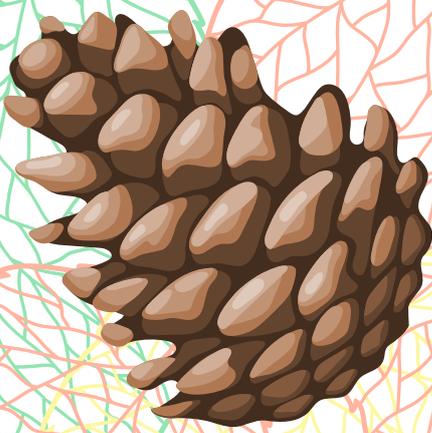
The most expensive hot dog cost \$169!

September is also know as Harvest Month



KENTUCKY
REGIONAL
PREVENTION
CENTERS

The Dinner
Table Project



Make a Pinecone Birdfeeder

You get a pine cone, put peanut butter on it, roll it in birdseed and hang it on your tree. It's so easy!



Did you know...

Some species of birds will begin heading south for the winter this month!

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!

Internal Asset

Homework

With appropriate caregiver support, young person completes assigned homework.

Tip: Work with your young person on setting up a study station!

External Asset

Time at Home

Young person spends time at home playing and doing positive activities with the family.

Tip: Have a weekly family game night!

Focusing on Hope

It has been 20 years since 9/11. It can be difficult for families to have conversations around this historical event with their young people. One thing we should focus on is hope. If 9/11 has taught us anything about America, it's that we are a people of hope and healing.

Did you know...

Labor Day is considered the unofficial start of the NFL Season!

More Hotdog Facts!

Labor Day is the end of "hotdog season" according to the National Hotdog and Sausage Council