



# The Dinner Table Project

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

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



@THEDINNERTABLEPROJECT

Share how you are using  
The Dinner Table Project!  
#KYDinnerTableProject



# The Dinner Table Project

IT'S EASY!

SIT DOWN, EAT, PLAY GAMES, AND TALK TO EACH OTHER!

 NO TV, PHONES, OR ELECTRONIC DEVICES

STUDIES SHOW THAT REGULARLY SHARING A MEAL TOGETHER



ACADEMIC PERFORMANCE



SELF-ESTEEM



SENSE OF RESILIENCE



RISK OF SUBSTANCE ABUSE, TEEN PREGNANCY, AND DEPRESSION



LIKELIHOOD OF DEVELOPING AN EATING DISORDER



RATES OF OBESITY

