

THE DINNER TABLE PROJECT

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

PLAN.
EAT.
MOVE.

EASY CHICKEN DINNER

Ingredients

- 2 (3 Ounces each) skinless chicken breast
- 1 Cup of low-sodium vegetable juice or chicken broth
- 1 1/2 teaspoons chili powder
- 1/4 teaspoon garlic powder
- 1 cup of frozen corn
- 1 medium onion, sliced
- 1 (14.5 ounces) can no-salt-added undrained whole tomatoes

Directions

- Wash hands with warm water and soap, scrubbing for 20 seconds.
- Preheat oven to 350 F.
- Layer all ingredients in baking dish and cover.
- Rewash hands after handling raw chicken.
- Bake 35 to 45 minutes, or until chicken reaches an internal temperature of 165 F as tested by a meat thermometer.
- Refrigerate leftovers within 2 hours.

QUESTIONS TO ASK EVERY DAY

- What are 3 things you are thankful for today?
- What did you learn today?
- How did you make someone smile today?

CONVERSATION STARTERS

- When do you ask for help?
- How could someone regain your trust after they've hurt you?
- What is your favorite way to relax?



August is National Family Fun Month. How will your family celebrate?

TIME CAPSULE

Have your child collect items throughout the year: photos, drawings, etc. Then, put everything in a container and seal it up. This project can be done throughout the year, so at the end of the year, you can look back at all the memories.



DEVELOPMENTAL RELATIONSHIPS

Developmental relationships are the roots of thriving and resilience for young people, regardless of their background or circumstances. Through these relationships, young people discover who they are, cultivate abilities to shape their own lives, and learn how to engage with and contribute to the world around them.

Share Power- Respect

Involve youth in decisions that affect them.

Tips:

- Have age-appropriate communication
- Give children options



DTP ON THE GO

Don't forget about the great outdoors! According to healthline.com, there are many benefits to spending time in nature, including improved breathing, decreased stress, improved sleep, and better physical and mental health. Many outdoor activities can help strengthen family bonds and open communication. Bonding activities like family picnics can help families grow together. Don't forget to take in everything around you by using your senses of smell, taste, touch, hearing, and sight. Take a family walk and encourage your children to utilize their senses and share personal thoughts and feelings about their experience. As the weather permits, families may decide to make this a regular weekly activity.



dinnertableproject.org

