

THE DINNER TABLE PROJECT

March 2026

Easy Stir Fry

Ingredients:

- 1 tablespoon paprika
- 1 teaspoon sugar
- ½ teaspoon salt
- ½ teaspoon ground pepper
- ½ pound chicken tenders, cut into 2-inch pieces
- 1 tablespoon oil
- 2-3 cups raw vegetables thinly sliced (such as broccoli, cauliflower, bell peppers, etc.)
- Rice, prepared according to the package directions

Directions:

- Mix first four ingredients in a medium bowl. Add chicken and toss. Cover and refrigerate for 15 minutes.
- Heat oil in fry pan on high heat. Add vegetables. Mix and stir occasionally until vegetables are soft, about 5-7 minutes. Add chicken. Cook for 3-5 minutes longer, or until chicken is done.
- Serve over rice.



Conversation Starters

- **Would you rather...** have a full year of springtime or a full year of fall?
- If you could save one thing in a time capsule for your future self, **what would you save?**
- What is your favorite way to **enjoy the weekend?**

Questions to Ask Everyday

- **Who** do you feel you can talk to when you're upset, and why?
- **What** is one kind thing you did or saw someone do today?
- **What** is one thing you're curious about right now?



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Developmental Assets

Integrity

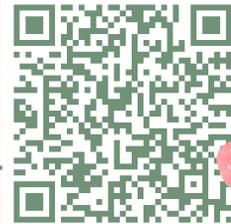
When a young person speaks up for what they believe is right and takes action to support it.

Tips:

- Talk about values
- Model integrity
- Practice everyday choices
- Celebrate courage
- Create a safe space



TELL US WHAT YOU THINK!



Outdoor Bird Feeder



Ingredients

- Cardboard tube (like a clean toilet paper roll)
- Peanut butter
- Bird seed
- String
- Scissors
- Bamboo skewer
- Butter knife

Instructions:

1. Use the scissors to make a small hole at the top and bottom of each side of the cardboard tube.
2. Thread string through the top set of holes, then tie one end of the string to each side.
3. Push the bamboo skewer through the bottom set of holes to make a resting perch for the birds.
4. Pour bird seed into a shallow dish.
5. Using a butter knife, spread a thin layer of peanut butter over the outside of the cardboard tube. Immediately roll the tube in bird seed or press bird seed against the sides.
6. Hang the bird feeder outside on a dry day.

DTP... On The Go!

March can be a busy month for caregivers as schedules shift with changing seasons, but it's also a great opportunity to model healthy routines for the whole family.

As daylight hours grow longer, lead a "Spring Reset" by introducing one new family ritual that promotes connection—such as a 10-minute evening walk, a short morning stretch together, or a weekly "meal plan and chat" night. Guide the family in setting simple, shared goals for the month, like trying new vegetables, reducing screen time before bed, or scheduling a tech-free meal each week.

