



Operation DTP

A guide to implementing The Dinner Table Project and engaging community partners with your agency to promote family resiliency and healing.

When working with at risk populations, strengthening the family unit is some of the most important work we can do. Below are suggestions on groups, collaboration opportunities for community partners and a program to encourage, guide and strengthen families.

Groups

From dinner groups that guide families through healthy conversations using the newsletter, to kid centered groups that teach nutrition and kitchen safety, your agency can incorporate The Dinner Table Project in many ways.

Collaboration

Find people from your local community that might have good information to offer your families! For example, work with your local extension office to bring in individuals to teach classes on healthy eating and show your families how to prepare healthy snacks.

Sustainability

By working with local community partners, The Dinner Table Project is easily sustainable and the possibilities are endless. Through sponsors such as churches, businesses and private donations for your Operation DTP program, ordering more materials to send home with families after finishing your program or leaving your agency is achievable.

What Could This Look Like?

While families are in your care, if they choose to participate in Operation DTP, your agency would aid them in navigating the newsletters with their family around the table. This would help start healthy habits in communication, meal preparation, and set times for family interaction. Then, if you had community sponsorship for families, upon exiting the agency, the family could be gifted a new board game and a phone box to help encourage continued family time!

thedinnertableproject.org

