



The Dinner Table Project



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

Here are some exciting and fun ways that your agency can integrate The Dinner Table Project into your programming:



Cooking Groups:

Each month, the newsletter features a new, easy recipe. If possible, work with families on creating this meal together and following the conversation prompts as they eat!



Boxes:

Have the boxes available on your tables. Just the reminder to disconnect from our devices and connect to our families is restorative. There are also conversation starters on the boxes themselves, so no newsletter has to be present.



Art Projects:

Take The Dinner Table Project to the art room. Allow the students to draw their families at the table. This is also a great time to talk with kids about kitchen safety, portion size, or even what they want their own table to be like.



Cookbooks:

Start a project of creating your own cookbook. At the end of the project, each family will have a unique memory of their time in your care, and each family will have several new recipes to try! Whether they each contribute a recipe or the recipes come from your own staff. A template is available.



Reading Corner:

Make a reading space in your youth area for The Dinner Table Project. Use the table tents, lay out the newsletter, and provide The Dinner Table Project bookmarks to kids. You could also find AR books that involve food and have them in that area, like *Charlie and the Chocolate Factory* or *If You Give a Mouse a Cookie*! Talk with the teachers in your area for a suggested list of books to include.



thedinnertableproject.org



KENTUCKY
REGIONAL
PREVENTION
CENTERS

The Dinner
Table Project
Table Talks

