



The Dinner Table Project

It's a new school year! It's a great time for doing new things, starting new projects. The Regional Prevention Center in partnership with your local Family Resource/ Youth Services Center wants this to be the year of **The Dinner Table Project!**

We all know nutritional meals and family conversations are important, but sometimes after a long, hectic day it's not so easy to get that dinner to the table! That's where we come in! Over this upcoming year, we will provide you with easy recipes, conversation starters and fun games to help get you started. We also have a website that you can check out at: www.thedinnertableproject.com. (We will be providing your school office with these same items in case you don't use the internet.) We want to hear what you think— please post your ideas, thoughts, suggestions, games, recipes, questions, etc. on the website or let your Family Resource Center know. We will then share them with everyone!

Do you like the idea? Wouldn't it be great if this really caught on? Want to take it further? How about a School/Community Dinner Project? What a powerful way to create a support system for families! Perhaps your church or some other group would like to organize one of these dinners. If so, let us know! We would love to help!

You may be asking, "Why is a Regional Prevention Center interested in family dinners?" or "What does this have to do with substance abuse?". Research shows us that there are several benefits to strong families. Here are just a few:

- Better academic performance
- Higher self-esteem
- Greater sense of resilience
- Lower risk of substance abuse
- Lower risk of teen pregnancy
- Lower risk of depression
- Lower likelihood of developing eating disorders
- Lower rates of obesity



We know you want these for your kids, too!

That's enough info for this round. Read on to get started with

THE DINNER TABLE PROJECT!!!

For questions, please contact:

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CONVERSATION STARTERS:

- ⇒ What was the best gift you ever received?
- ⇒ If you could give one present to the whole world, what would it be? Why?
- ⇒ Tell me one new thing you learned today.
- ⇒ Who is your favorite person at school? Why?

TABLE GAMES:

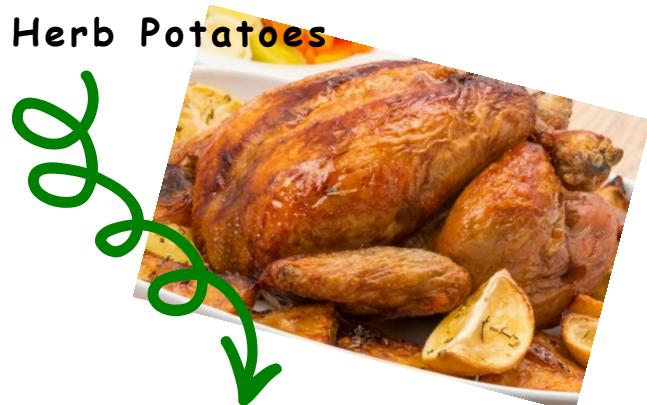
- ⇒ Name an animal and have your kids guess if it lays eggs or has babies.
*Help to get you started—**eggs**: alligator, platypus, ostrich & **babies**: dogs, seals, bats
- ⇒ Who's coming to dinner? Everyone gets to pick one person to come to dinner.
This can be anyone!
*Someone famous or not, from history or the present, Why would you invite them?
What would you feed them? Would they get along with the other family members guests?

RECIPES:

Chicken with Herb Potatoes

What you need:

- 3-4 potatoes cut in chunks
- 4Tbsp. olive oil
- 1/4 cup parsley chopped
- 1 roasting chicken
- 1 lemon



Directions:

Preheat oven to 375 degrees. Toss the potatoes with 2 Tbsp. olive oil and parsley. Place them in a roasting pan large enough for the chicken. Place the chicken on the potatoes. Rub the chicken with olive oil and squeeze the juice of the lemon over the chicken. Sprinkle the chicken with salt and pepper to taste. Roast the chicken until golden brown and cooked through, about 1 1/2 hours. The leg bones should wiggle easily in their sockets and any juices should run clear, not pink.

*Makes for great leftovers!