



# The Dinner Table Project



February 2017

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

## Developmental

### Assets

The Search Institute has identified building blocks of healthy development, the 40 Developmental Assets, that have been proven to help youth grow up caring and responsible. Each month we introduce three assets and tips to help your children succeed.



### Self-Esteem

It is very important that a child likes him or herself and feels valued by others.

TIP:  
Let your child pick out his or her outfit for the day and praise them on their choices.

### Caring

Parent(s) help child grow in empathy, understanding, and helping others.

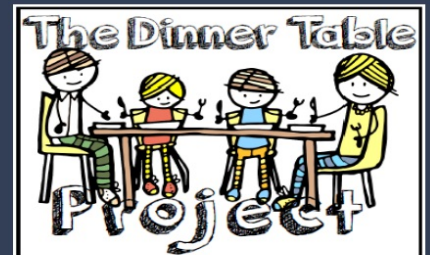
TIP:  
Let your child help you do things around the house. For example, putting up the groceries.



### Responsibility

Young person accepts and takes responsibility for their own actions.

TIP:  
Let your child choose their punishment- within reason, of course!



Samantha Powell  
spowell@4rbh.org



Ellen Walsh  
ewalsh@4rbh.org



thedinnertableproject.com

## Crunchy Hawaiian Chicken Wrap

Source: United States Department of Agriculture,  
What's Cooking USDA Mixing Bowl, March 2015.  
[www.usda.gov/whatscooking](http://www.usda.gov/whatscooking)

### Directions:

1. In a small mixing bowl, combine mayonnaise, vinegar, sugar, poppy seeds, garlic powder, onion powder, and chili powder for the dressing. Mix well. Cover and refrigerate.
2. Combine broccoli, carrots, pineapple, and spinach in a large bowl. Stir in dressing and chicken. Mix well. Serve immediately or cover and refrigerate.
3. For each wrap, place  $\frac{2}{3}$  cup filling on the bottom half of the tortilla and roll in the form of a burrito. Place seam side down. Cut diagonally. Serve immediately.

### Suggestion:

Filling may be made up to one day in advance.  
Assemble wraps when ready to serve.

### Tip:

Use a pre-made broccoli slaw.

### What you'll need:

- 1/4 cup light mayonnaise
- 1/8 cup white vinegar
- 1/4 cup sugar
- 1 teaspoon poppy seeds
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons onion powder
- 1 1/2 teaspoons chili powder
- 2 cups fresh broccoli, shredded
- 1 1/2 cups fresh carrots, peeled, shredded
- 1/4 cup canned crushed pineapple, in 100% juice, drained
- 1 cup fresh baby spinach, chopped
- 3 cups cooked diced chicken, 1/2" pieces (12 oz)
- 6 whole-wheat tortillas, 10"



## Conversation Starters

What is your favorite book? Why?

What is the hardest thing about making new friends? What is the best thing?

What makes you feel proud? Why?

What was the nicest compliment you ever received from an adult?

Who is your hero? What makes that person your hero?



Table

Game

## Guess Who?

What You Need: A small piece of paper for each guest and pens.

How to Play: During dinner, ask everyone to describe themselves in three words – no more or less. It's up to them whether they want to write their words out in list (happy, sad, mad) or phrase (lover of all) format. People then turn their cards in to the host who mixes them up and reads them aloud. Players then have to match the description with the person who wrote it.