



THE
**FAMILY
DINNER**
PROJECT.ORG



Food, fun and conversation
about things that matter

Welcome!



Before we
begin...

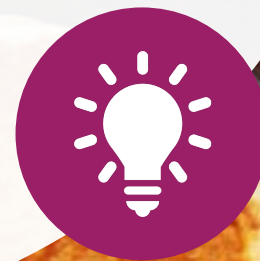


AGENDA: WEBINAR #1

- **Welcome**
- **Getting started:** Introductions
- **Part 1:** Why family dinner matters
- **BREAK!**
- **Part 2:** Hosting a community dinner

TODAY'S GOAL:

**Learn about
The Family Dinner
Project (TFDP) and
how to bring TFDP's
programs to your
community**



IMPORTANT INFORMATION IS IN YOUR .ZIP FILE



- ✓ Your Guide to Hosting a Virtual Community Dinner
- ✓ Sample TFDP materials
- ✓ Facilitator's Guide
- ✓ Champion Handbook

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**Who's Coming
to Dinner?**

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**Let's take a
moment to reflect...**

FAMILY DINNERS MAKE YOU AND YOUR FAMILY HAPPIER, HEALTHIER AND SMARTER

- ✓ Better academic performance
- ✓ Higher self-esteem
- ✓ Lower risk of substance abuse
- ✓ Lower risk of teen pregnancy
- ✓ Lower risk of depression
- ✓ Lower rates of obesity



COGNITIVE BENEFITS



Dinner conversation boosts vocabulary



Higher grades in school



Higher achievement test scores



More powerful than homework, art classes or sports



NUTRITIONAL BENEFITS

- ✓ Consume **more** fruits, vegetables, protein, fiber, and vitamins
- ✓ Consume **fewer** fried foods, fatty foods, and soft drinks
- ✓ **Greater** likelihood of eating breakfast
- ✓ **Better** cardiovascular health in young teens
- ✓ Health benefits **extend** to young adults
- ✓ **Lower** rates of obesity and eating disorders
- ✓ **Reduction** of asthma symptoms
- ✓ **Fewer** calories



MENTAL HEALTH BENEFITS

Lower rates of:

1. Violence and substance abuse
2. School problems
3. Early sexual behavior in teens
4. Anxiety, depression and stress

Higher rates of:

1. Resilience
2. Self esteem
3. Kids feel more connected to parents

BENEFITS TO ADULTS, TOO!

The shopping, cooking, cleaning is a lot of work but...



Greater self-esteem



Better mental health for parents



Less dieting behavior



Lower levels of depression and stress



Healthier eating across the life span



Higher intake of fruits and vegetables

WHAT MAKES FAMILY DINNER SO PROTECTIVE AND EFFECTIVE?



Quality of mealtime is key

Talking makes us eat mindfully

One of the few times of day to connect

The power of ritual

CONNECTION



Kids who feel connected to their parents feel better

Catch problems when they are small

Parents know what's going on

Everyone gets a chance to speak and listen

Connection provides a powerful seat belt

IMPORTANCE OF RITUAL

Makes boundary around family

Time away from daily hubbub

Allows stability

Scripted and unscripted

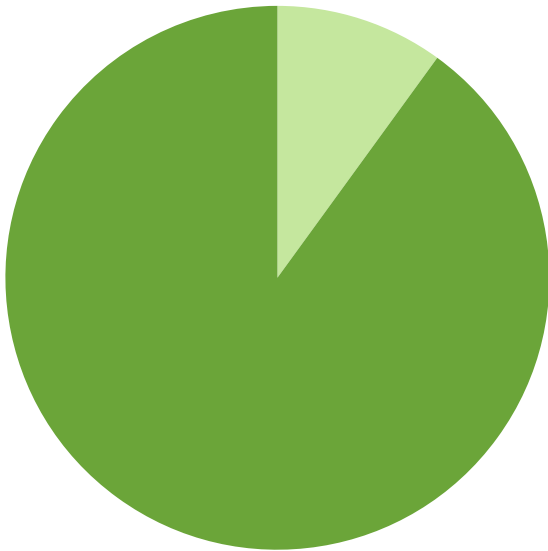
Connects us to previous generations

Offers meaning

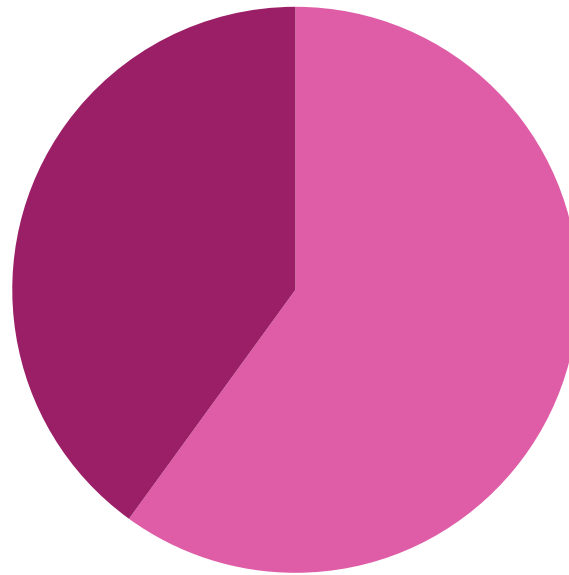


FAMILIES WANT TO HAVE DINNER

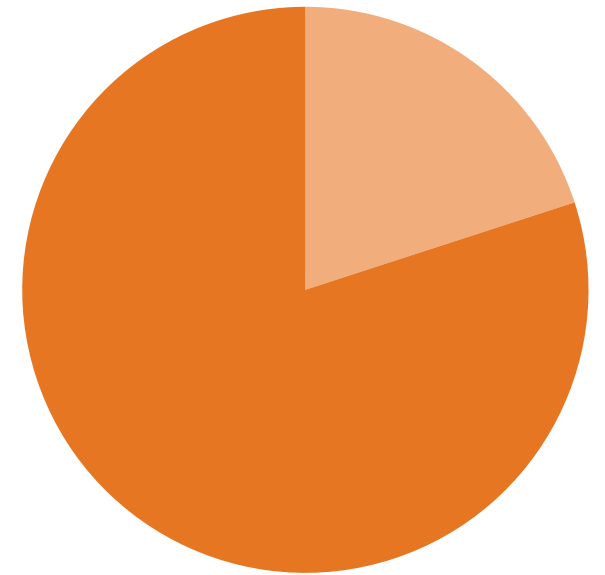
90% of Americans
want to
**increase the frequency of
their family meals**



30-40% of families
have dinner together
On any given night



80% of teens
would rather
**have dinner with
their parents**





The research is the *why*
The Family Dinner Project is the *how*


OUR MISSION



The Family Dinner Project is growing a movement that champions **family dinner** as an opportunity for **family members to connect** with each other through **food, fun and conversation** about **things that matter**.

A photograph of a family of four laughing joyfully outdoors. A man in a plaid shirt is laughing while holding a young boy in a striped shirt. A woman in a white shirt is laughing in the background, and another child is laughing in the foreground. They are gathered around a wooden table with a glass and a potted plant. The scene is set in a bright, sunny outdoor environment with a house and trees in the background.


**Why food, fun
and
conversation?**



**What do we
mean by
“dinner”?**



**How do
we define
“family”?**

A family of four is in a modern kitchen. A woman in a white shirt is chopping lettuce on a wooden cutting board. A man in a white shirt is cooking at the stove. A young girl in a yellow dress is looking at the camera, and a young boy in a plaid shirt is holding tomatoes over his eyes. The counter is filled with fresh vegetables like tomatoes, cucumbers, and bell peppers. A large green circle with white text is overlaid on the left side of the image.

**What's most
important to
remember?**

OUR CORE PRINCIPLES

...that families come in all shapes and sizes

...that dinners don't need to be *perfect* to be effective (and they don't need to be dinner!)

...that dinners are better when all family members participate

...that healthy food matters (...but we're not the food police)

...that we're realistic about technology

...that **fun** and **conversation** are every bit as important as **food**

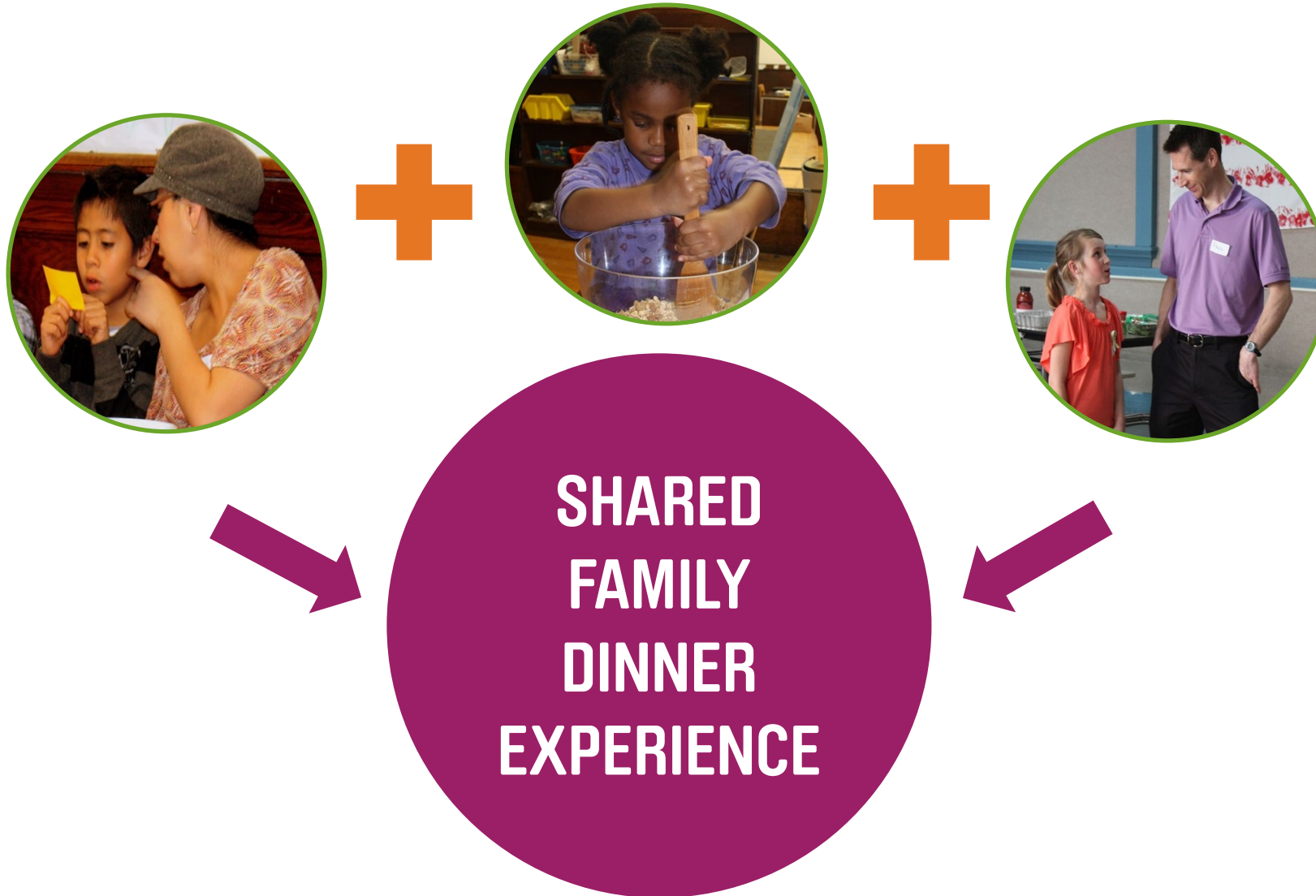


What do we do?



Community-based events

COMMUNITY DINNERS: VIRTUAL + IN PERSON

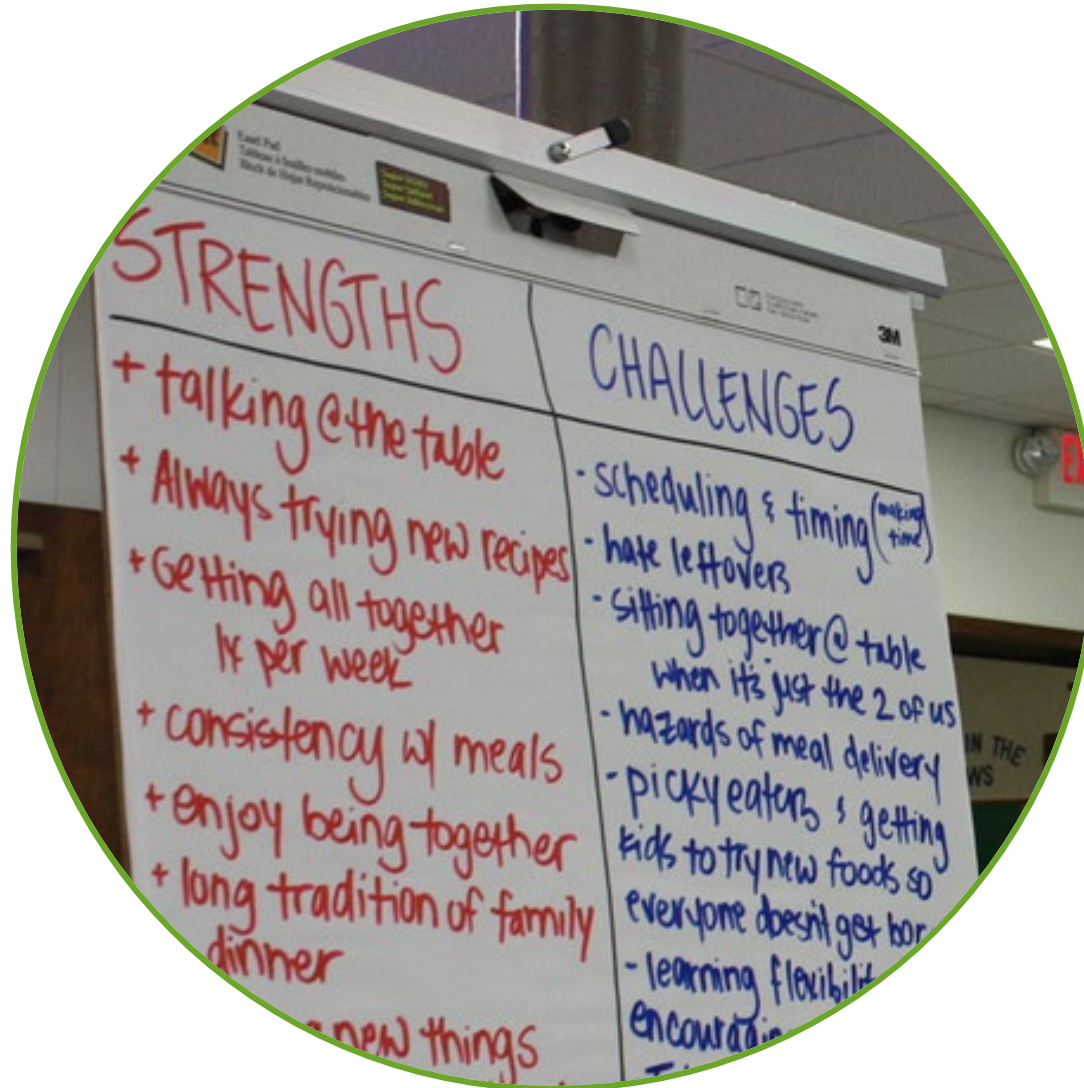






YOUR
FAVORITE FAMILY DINNER
GROWING UP?
2) WHAT WERE YOUR
FAMILY DINNERS LIKE
GROWING UP?
3) WHAT WAS YOUR
FAVORITE FOOD WHEN
YOU WERE
YOUR LEAST FAVORITE
FOOD?

PARENT WORKSHOPS





Resources for partners and families

FOUR WEEKS TO BETTER FAMILY DINNERS

WEEK 1

WEEK 2

WEEK 3

WEEK 4

*MAKE THE
COMMITMENT*

*MAKE IT
SIMPLE*

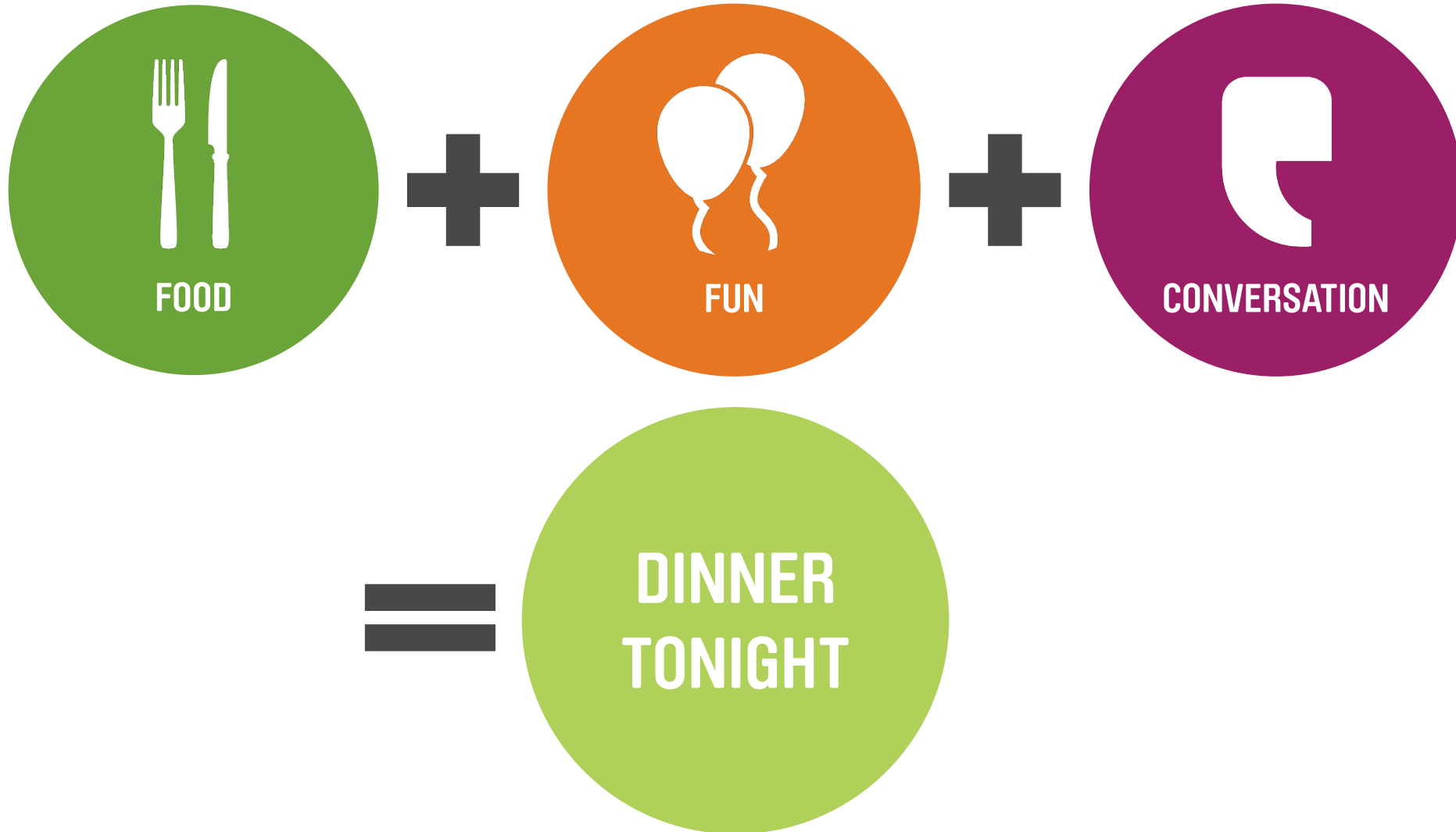
*MAKE IT
FUN*

*MAKE IT
MATTER*

**BETTER
FAMILY
DINNERS!**



FIGURE OUT WHAT'S FOR DINNER TONIGHT



GET TIPS AND TRICKS IN OUR MONTHLY NEWSLETTER

STARTING A FAMILY DINNER ROUTINE FOR BACK TO SCHOOL



Food

Summer's not over, even if vacation is! Sweeten your family dinner with the Earl family's Rice Cream Pie!



Fun

Get back in "school mode" with some literature-themed family dinner ideas from Dr. Anne Fishel!



Conversation

Celebrate Esther Day – or any day – with conversation starters about the power of love!



RECIPE FOR CONVERSATION
Talk About: The Power of Love

The three conversation starters around you... How does it affect you when someone does... How does it make you feel to share someone... Is it easier to say "I love you" to some people than others? Why?
Have you ever had to do something difficult for someone?
What's one thing you can do today to give love to someone else? Why?

CELEBRATING THE SEASON WITH FAMILY DINNER



Food

Team member Bri shares a family holiday recipe: A Swedish dessert "soup" that's good on ice cream, yogurt or just on its own!



Fun

'Tis the season for gift-giving!



Conversation

This month, brainstorm ways to give to others by asking "What's one thing that could make _____ happier today?"



INDEPENDENCE AT THE DINNER TABLE



Food

Enjoy summer's bounty with Brenda Thompson's fast and fresh Bruschetta Chicken Skillet!



Fun

It's the perfect season for some outdoor family time. Relax during (or after) dinner with a game of "Use Your Senses."



Conversation

Tackle the topic of independence and dive into American history with these Recipes for Conversation!



RECIPE FOR CONVERSATION
Talk About: 4th of July

The three conversation starters around you... Why do we celebrate the 4th of July?
Do you think you have any family traditions? If not, do you want to have one? What would you want it to be?
Edward Bennett's story said, "With freedom we have the power to do anything we want." What do you think that means?
Do you have anyone in your family who is from another country? How do you think they would feel about the 4th of July?
Do you have anyone in your family who is from another country? How do you think they would feel about the 4th of July?



How do we work?

PARTNERS ARE CORE TO OUR WORK

EVENTS & WORKSHOPS



AWARENESS CAMPAIGNS & CONTENT CREATION



PARTNERS ARE CORE TO OUR WORK | MILITARY PARTNERS



MILITARY
SPECIAL OPERATIONS
FAMILY COLLABORATIVE



VETERAN
AND FAMILY CARE



MCEC[®]
Parent Programs



BLUE STAR
FAMILIES

PARTNERS SHARE OUR RESOURCES THROUGH EVENTS



Hosted several Community Dinner events with teens and parents at Sanctuary for Families, New York's leading service provider and advocate for survivors of domestic violence.



Partner with several YMCA's in NJ to support them in hosting "Community Dinners" with local families. A number of YMCAs have integrated Community Dinners into their regular programming.



Present an annual workshop for families at Duke Alumni Engage community health and wellness fair in Harlem, NYC.



Introduced thousands of teens and teachers to TFDP programs and resources through online collaboration and presentations at national and regional conferences.



Partnered with Blue Star Families (military families) to co-host Community Dinner at various military bases across the country.



Presented family dinner research and resources to coalition of service providers, educators and faith organizations serving youth in Franklin County, MA.

PARTNERS HELP SPREAD THE WORD



Co-branding Informational Campaigns

- Reached large number of families with high-profile partner, Cheerios
- Collaborated on a national ad campaign to get TFDP messages and resources to broader audience



Creating Content for Tech Savvy Families

- Partnered on several campaigns, including *#DeviceFreeDinner* in 2017 to support families in learning how to manage technology at the table
- Co-developed a Community Dinner event specifically to support parents as they help their children navigate digital media



Supporting the development of strong socio-emotional skills

- Partner with the 92Y annually on the *#givingtuesday* campaign to develop a digital campaign to get TFDP messages and resources to more families around the holidays.
- Published an Op-Ed in Huffington Post about the benefits of family dinner.

FAMILIES BENEFIT FROM OUR PROGRAMS



Families showed the greatest increase in:

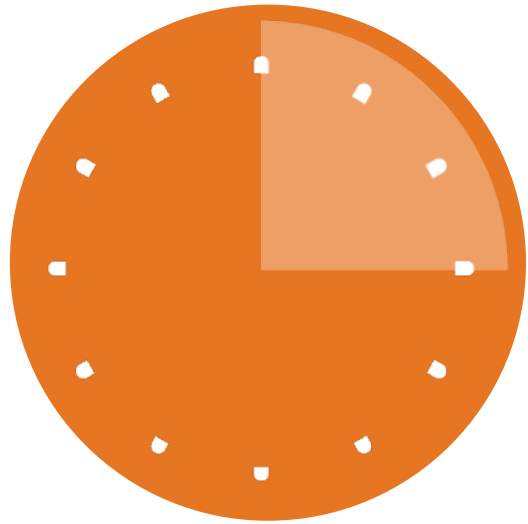
- ✓ Improving food preparation
- ✓ Reducing mealtime distraction
- ✓ Engaging in more satisfying conversation



Activity:
Envisioning Impact

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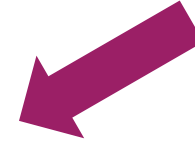


**Please be back in 5
minutes!**

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- **Getting Started:** Who's coming to dinner?
- **Part 1:** Why family dinner matters
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RECIPE FOR COMMUNITY DINNERS



VIRTUAL COMMUNITY DINNER EVENT FLOW



Welcome



Game Demo



Dinner Breakout



**Facilitated
Conversation/Kids'
Activities**



Wrap-Up



Would you rather...?

WOULD YOU RATHER...?

- ...be able to fly or be invisible?
- ...speak every language in the world or play every instrument?
- ...live without a telephone or a television?
- ...lose your sense of taste or your sense of smell?
- ...live in space or under the sea?



How to facilitate a Community Dinner conversation

YOUR ROLE AS A FACILITATOR



To create a space where families feel comfortable opening up and empowered to discuss their experiences and think about ways to improve their food, fun and conversation

THE DISCUSSION FORMULA IS TRIED AND TRUE

- 1. Introduction: Why family dinner is important to me**
2. Some of the research
3. Strengths: What is working well?
4. Challenges: What makes family dinner tough?
5. Brainstorm: Overcoming challenges
6. Ideas from TFDP
7. Closing Comments



**Why is family dinner
important to you?**

THE DISCUSSION FORMULA IS TRIED AND TRUE

1. Introduction: Why family dinner is important to me
- 2. Some of the research**
3. Strengths: What is working well?
4. Challenges: What makes family dinner tough?
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6. Ideas from TFDP
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**Let's facilitate a
conversation!**

RECIPE FOR A GREAT CONVERSATION



Strengths



Challenges

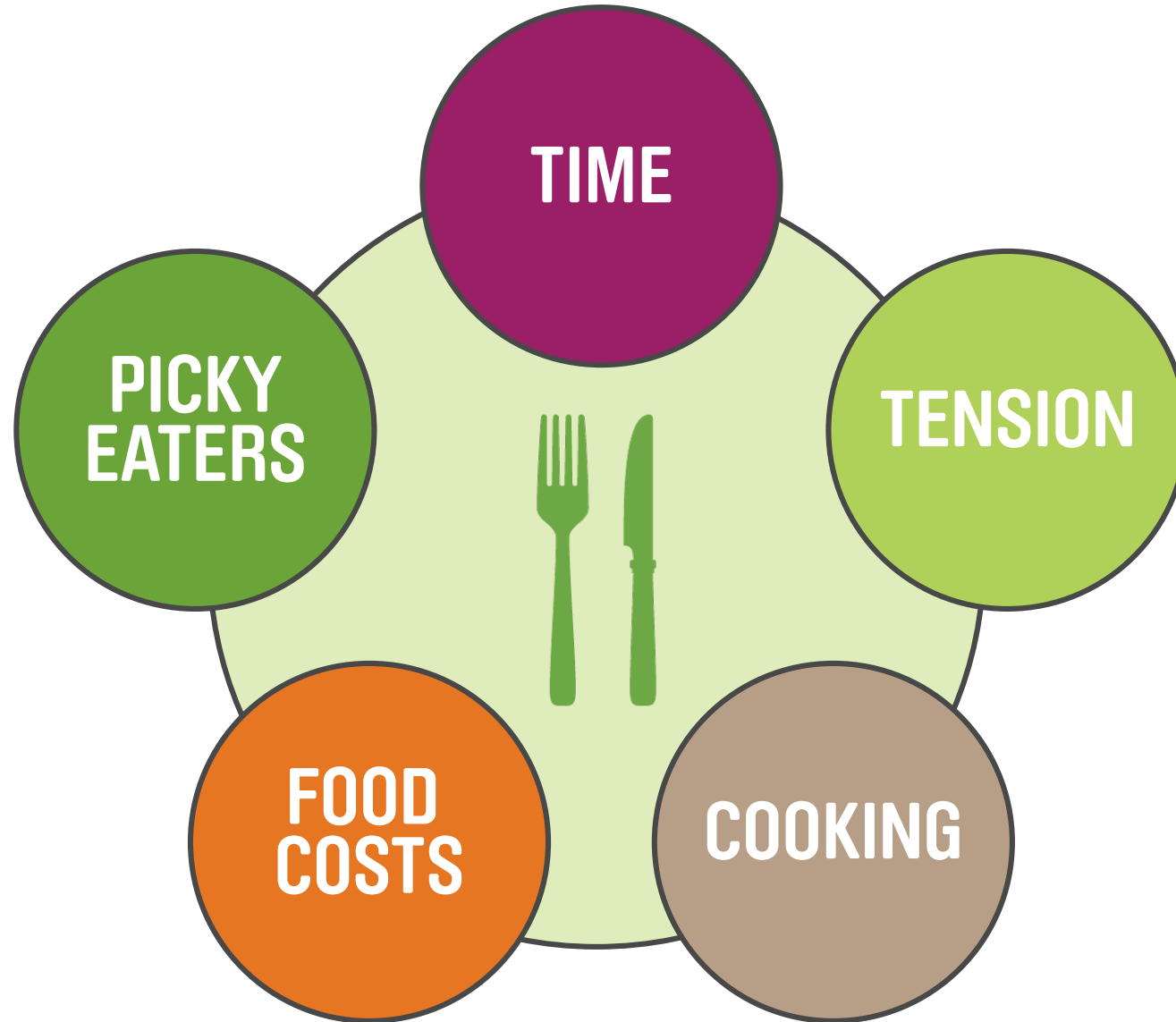


Brainstorm



Ideas

IDEAS TO HELP OVERCOME OBSTACLES



RESPONDING TO CHALLENGES WITH RESOURCES

TIME

- Dinner Tonight

COOKING

- TFDP's Online Recipes

PICKY EATERS

- Build Your Own Recipes

**TENSION AT
THE TABLE**

- Dinner Games

FOOD COSTS

- Dinner Tonight on a Budget

ADDRESSING TRICKY SITUATIONS DURING THE CONVERSATION

Most common obstacles you'll encounter during facilitation:

1. One participant “hogs the floor”
2. Difficulty engaging with shy participants
3. Off-topic comments or ideas
4. Parenting tactics that contradict TFDP recommendations
5. Contrarian participants

STRATEGIES FOR DIFFICULT MOMENTS

-  Acknowledge and move on
-  Acknowledge and redirect
-  Acknowledge and address
-  Acknowledge and involve the group



THE
**FAMILY
DINNER**
PROJECT.ORG



Food, fun and conversation
about things that matter

Welcome!

AGENDA: WEBINAR #2

- **Part 1: Bringing TFDP to your community**
- **BREAK!**
- Part 2: Make it yours!
- Part 3: Program evaluation & feedback



Reflection time!



April's Kitchen Counter

REAL. GOOD. FOOD.

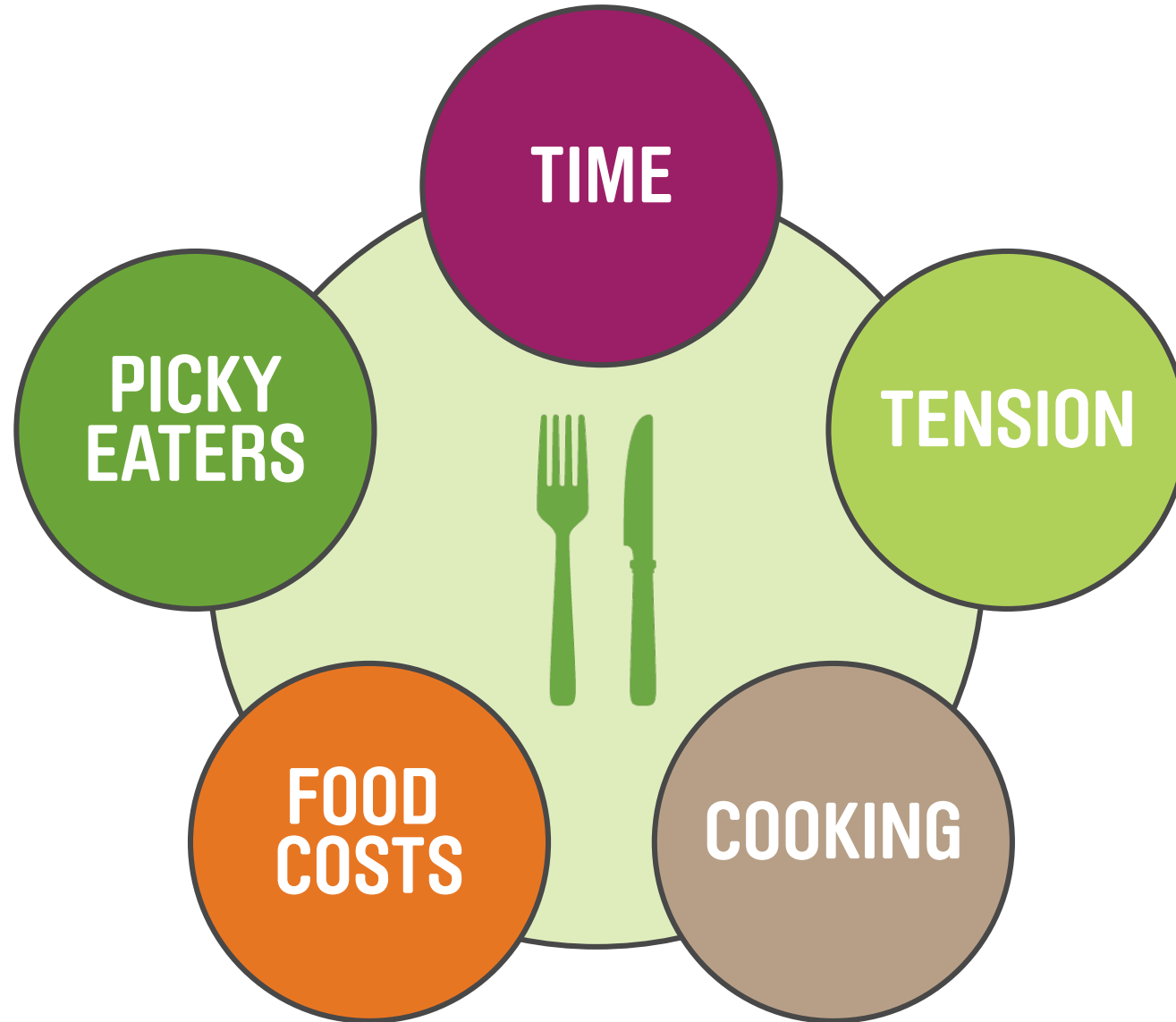
DISCUSSION QUESTIONS:

1. What were some of April's strengths?
2. How did networking help April engage the community?
3. Where did April begin her outreach efforts?
Are there other places that she could have started?

APPLYING LESSONS LEARNED

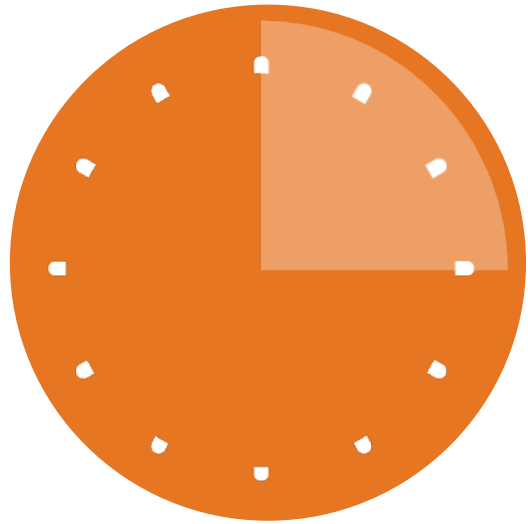
1. What are some family dinner challenges your community might face?
2. How do you know that these barriers exist?

IDEAS TO HELP OVERCOME OBSTACLES



AGENDA: WEBINAR #2

- Part 1: Bringing TFDP to your community
- **BREAK!**
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minutes!**

AGENDA: WEBINAR #2

- Part 1: Bringing TFDP to your community
- BREAK!
- **Part 2: Make it yours!**
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DISCUSSION QUESTIONS:




1. Why was the Madison YMCA so successful?
2. How was the Madison YMCA able to integrate TFDP into its own programming?
3. What skills does it take to be this responsive to your community?





Activity time!

SOME “DOS” AND “DON'TS”

DO

-  Tag us!
-  Use our #
-  Share event photos

DON'T

-  Use identifying characteristics
-  Use photos without permission

SOCIAL MEDIA SAVVY



A screenshot of a tweet from the account CASAFamilyDay (@CASAFamilyDay). The tweet text reads: "Join #FamilyDay partner @FDP_Tweets' #DinnerTonight program and take our Dinner Challenges this month!: ow.ly/mmOv30dDrAC". The tweet is dated 7:30 AM - 18 Jul 2017 and has 1 retweet. The interface includes a 'Follow' button and icons for replies, retweets, and likes.

CASAFamilyDay
@CASAFamilyDay

Join #FamilyDay partner @FDP_Tweets' #DinnerTonight program and take our Dinner Challenges this month!: ow.ly/mmOv30dDrAC

7:30 AM - 18 Jul 2017

1 Retweet



A screenshot of a Facebook post from the page 'Family Day: Be Involved. Stay Involved.'. The post is dated July 18 at 10:30am. The text of the post says: "Family Day partner, The Family Dinner Project, has a Dinner Tonight program that can help you plan fun family dinners all week long. Join the program and take our Dinner Challenges this month!". Below the text is a large green graphic with the text 'THE FAMILY DINNER PROJECT.ORG'. At the bottom, there is a section titled 'Register - The Family Dinner Project' with a description of a monthly newsletter and the website URL THEFAMILYDINNERPROJECT.ORG.

Family Day: Be Involved. Stay Involved.
July 18 at 10:30am · 🌐

Family Day partner, The Family Dinner Project, has a Dinner Tonight program that can help you plan fun family dinners all week long. Join the program and take our Dinner Challenges this month!

THE FAMILY DINNER PROJECT.ORG

Register - The Family Dinner Project
Our monthly Newsletter with a generous helping of featured content and resources, plus occasional messages to keep you up-to-date on what's on our plates.
THEFAMILYDINNERPROJECT.ORG

OUR CORE PRINCIPLES

...that families come in all shapes and sizes

...that dinners don't need to be *perfect* to be effective (and they don't need to be dinner!)

...that dinners are better when all family members participate

...that healthy food matters (...but we're not the food police)

...that we're realistic about technology

...that **fun** and **conversation** are every bit as important as **food**

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- **Part 3: Program evaluation & feedback**



**Help, Thanks,
and Wow!**

Ashland's Kids Have...

**Decisions at Every
Turn**

Prevent Youth Substance Use



DISCUSSION QUESTIONS:

1. What helped Khera and Betsy have successful events?
2. How did Betsy work to expand TFDP programming in her community?
3. How can goal setting help you have a deeper impact in your community?



Reflection time!



What comes next

THANK YOU FOR BEING PART OF OUR MOVEMENT!

**INSPIRE
CHAMPIONS**

**BUILD A
COMMUNITY**

**HELP FAMILIES
EXPERIENCE THE
BENEFITS OF
FAMILY DINNER**



Evaluation time!