



## Connect With Us



**Food, Fun and  
Conversation  
About Things  
That Matter**



What if there was a single activity that was proven to have lifelong benefits for the physical, emotional and social health of every person who engaged in it regularly?

What if that activity was available to almost anyone who wanted to do it, right in their own homes?

That activity exists, and it's the family dinner.



[thefamilydinnerproject](https://www.facebook.com/thefamilydinnerproject)



[thefamilydinnerproject](https://www.instagram.com/thefamilydinnerproject)



[thefamilydinnerproject](https://twitter.com/thefamilydinnerproject)



[contact@thefamilydinnerproject.org](mailto:contact@thefamilydinnerproject.org)



Decades of research have shown that families who eat together regularly have better physical health, better mental health, better academic and social outcomes and stronger bonds than families who don't have dinner together. Yet fewer than half of all American families report eating dinner together at least once a week.



## WHO WE ARE

The Family Dinner Project (TFDP) champions family dinner as an opportunity for family members to connect with each other through food, fun, and conversation about things that matter. A nonprofit initiative based at Massachusetts General Hospital's Psychiatry Academy, we work both online and in communities to improve the overall health and wellness of families.

## WHAT WE DO

TFDP designs online resources and community-based programs to support families to improve the quantity and quality of their meals together. We are the only organization with resources that focus on three key areas: food, fun and conversation about things that matter. Our resources include programs to support habit change, community events and service learning opportunities - all of which are available free of charge.

### Food, Fun and Conversation: 4 Weeks to Better Family Dinners

This program helps families make shared meals a household staple in just four weeks. Participating families receive free healthy and easy recipes, suggested dinner activities and conversation starters, as well as regular email reminders to help keep them on track for success.



## Dinner Tonight

This resource provides families with daily dinner inspiration and exclusive membership features. Members get an email every weekday with a recipe, conversation starter and game, plus the ability to save favorites, create and edit shopping lists, keep track of dinnertime progress and more. This program is also available in a budget friendly version that meet federal SNAP spending guidelines.

## Monthly Newsletter

Our Newsletter is a monthly digest sharing information and resources about food, fun and meaningful conversations to help families get the most from their time at the table together.

## Community Programs

We support community partners in designing and implementing family dinner-based programming for their audiences. Programs include Community Dinners, Dinner in a Box distributions, parent and caregiver workshops, and other tailored approaches to helping families realize the many benefits of shared meals.