

FOUR WEEKS TO BETTER FAMILY DINNERS

1

MAKE THE COMMITMENT

IT COULD BE YOUR VERY FIRST FAMILY DINNER OR IT COULD BE ABOUT DEVELOPING AND STICKING TO A ROUTINE. NO MATTER WHAT YOUR STORY IS, YOU'LL BEGIN THE SAME WAY, WITH ONE DINNER AND ONE CONVERSATION.

2

MAKE IT SIMPLE

DINNER DOESN'T HAVE TO BE A FANCY EVENT WITH AN EXOTIC RECIPE. WHAT IS THE SIMPLEST AND MOST LOVED MEAL IN YOUR HOME? COOK IT AND HAVE DINNER TOGETHER AGAIN THIS WEEK.

3

MAKE IT FUN

THE MAGIC THAT'S GUARANTEED TO MAKE FAMILY DINNER LAST = FUN. GIGGLE A LITTLE. SMILE A LOT. OR SIMPLY ENJOY EACH OTHER'S COMPANY.

4

MAKE IT MATTER

LOOK AT SOMETHING YOUR FAMILY STRUGGLES WITH OR ASPIRES TO, AND BEGIN TO ADDRESS THAT AT DINNERTIME. WHAT YOU SHARE AT DINNER CAN HELP YOUR RELATIONSHIPS FAR BEYOND THE TABLE, AND WHAT IS HAPPENING IN THE WORLD MIGHT TEACH YOU MORE ABOUT YOURSELVES.

THE FAMILY DINNER PROJECT IS A GRASSROOTS MOVEMENT ABOUT FOOD, FUN AND CONVERSATION ABOUT THINGS THAT MATTER.

FOR TOOLS + RESOURCES TO FUEL
YOUR 4-WEEK JOURNEY VISIT:

the
FamilyDinner
Project.org