

BUILDING A BETTER WORLD AT THE FAMILY DINNER TABLE



Food

We're joining forces with Martha's Table in Washington, D.C. to celebrate their One Pot Suppers campaign.



Fun

Try a game of Illustration to get everyone's creative giving ideas flowing!



Conversation

Conversation in the spirit of envisioning a better world.





We all know that research has shown family dinners can have a number of benefits for everyone in the family. But is it possible that having regular meals together can actually help to build a better world?

Maybe not directly, but dinnertime is a wonderful opportunity to do three things that can help your family envision a more just and peaceful world -- and plan to make it happen! (And if you feel like sharing your ideas and efforts, you can always post them to the FDP Facebook page or tag us on Twitter, like the participants in our recent #familydinnerforward campaign did!)

1 TALK ABOUT ETHICAL DILEMMAS AND SHARE STORIES ABOUT PEOPLE WITH A HELPING MINDSET.

Talk about ethical dilemmas and share stories about people with a helping mindset.

Sharing stories of others' kindness can inspire your family to think of ways that they, too, might give to those around them. Talking through tricky questions and helping everyone at the table work through ideas of right and wrong builds a moral compass -- a much needed tool for all of us!

Try getting the discussion going with one of these recent Conversations of the Week:

(thefamilydinnerproject.org/blogs/conversation-of-the-week/)

2 THINK ABOUT WAYS YOU CAN GIVE BACK TO OTHERS.

Try using our Giving Decision Tree (thefamilydinnerproject.org/giving-tuesday/thanksgiving-giving-thanks/) to help your family brainstorm and prioritize about causes that might be important to you.

3 USE YOUR IMAGINATIONS TO ENVISION THE FUTURE.

If you've got an idea of what you want the future to look like, it's easier to make a plan to get there! We're partnering with Imagine Better to celebrate Back to the Future Day on October 21, marking 30 years since Marty McFly and the DeLorean made cinematic time traveling history. Read our blog post (thefamilydinnerproject.org/news-projects/going-back-to-the-future-with-imagine-better/) to find out more about the Back to the Future celebrations and how your family can join in the fun!



TUSCAN BREAD SOUP RECIPE



A simple homey dish, this Tuscan Bread Soup recipe is perfect for a cold winter night. Recipe courtesy of Dr. Anne Fishel.



Instructions:

1. Soak the bread in cold water.
2. Saute onion and fennel with olive oil in a large pot for about 5 minutes.
3. Add the minced garlic.
4. After about a minute, add the tomatoes, stock and wine.
5. Tightly squeeze out the bread, then add to the pot. Let cook for 40 minutes.
6. Add the basil and Parmesan cheese. Cook for another few minutes.
7. Serve hot with some extra shredded Parmesan on top.

Ingredients

Serves 3-4

- 1 onion, chopped
- 2 cloves garlic, minced
- 1 fennel bulb, chopped (substitutes: celery, fennel seeds)
- 2 cups crusty stale bread, cut into 1 inch cubes
- 1 (12 oz.) can of chopped plum tomatoes
- 3 cups chicken stock
- 1/4 cup red wine
- 1/2 cup chopped fresh basil (substitutes: dried basil, thyme or parsley)
- 1/2 cup Parmesan, shredded



ILLUSTRATION GAME

You'll need a pencil and paper for this game. One person should volunteer to go first. At the top of the paper, have person number 1 write down one nice thing a person can do for someone else (example: "I can make cookies for my neighbor"). Don't let anyone else see the phrase.

Person number 1 then passes the paper to their right. Person number 2 will read the phrase then fold the paper over so no one else can read what is written. Per-

son number 2 then gets 1 minute to draw a picture that depicts the phrase.

Person number 2 then passes the paper to their right. Person number 3 looks at the picture and writes down what they believe the original phrase was. This pattern of writing and drawing continues until the paper goes all the way around the table and ends up back in front of person number 1.

See more fun ideas at thefamilydinnerproject.org/fun

CONVERSATION

In the spirit of envisioning a better world, try these conversation starters based on the UN's newly adopted Global Goals for a Sustainable Future!



thefamilydinnerproject.org/news-projects/bringing-global-goals-to-the-dinner-table/

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