

PLANTING THE SEEDS OF GOOD HEALTH AT THE DINNER TABLE



Food

Get in the veggie spirit with these Veggie Waffles -- perfect for family dinner, family breakfast, or anytime!



Fun

Trying to sow the seeds of good habits by keeping younger kids at the table for a little extra time? Check out our ideas!



Conversation

Plant some curiosity about scientific discovery with this out-of-this-world Conversation of the Week!



Depending on where you live, March may be coming in like its characteristic lion, or it may already be showing its kinder, fluffier lamb side. Either way, we know that this month marks the annual turning point towards Spring, with sunshine and new seeds sprouting all around us!

This March, we're focusing on how family dinner can plant seeds of its own: the

GROW GOOD HEALTH: VEG OUT! WITH RECIPE FOR SUCCESS

We're teaming up with our friends at the Recipe for Success Foundation to spread the word about their Veg Out! Challenge. This month, they'll feature a new vegetable each day and provide recipes and cooking tips to help you try it out.

Research shows that eating regular family dinners results in greater consumption of fruits and vegetables, and is a predictor of healthier eating habits lifelong. We'll be joining Recipe for Success and helping you capture those great healthy eating benefits at your dinner table by featuring a Veg Out! vegetable and main dish recipe every week as part of our Dinner Tonight series. Make sure to follow along and try something new!

New to Dinner Tonight? Check out our archives at thefamilydinnerproject.org/dinner-tonight.

GROW GOOD SOCIAL SKILLS: GIVE PEACE AND UNDERSTANDING A PLACE AT THE TABLE

We often hear from families that one of their challenges with instituting a regular family dinner routine is making sure that the table is a tension-free zone. While the occasional disagreement or tough topic is bound to come up at dinnertime, getting all the social and emotional benefits associated with family dinner is much more likely if the table's a place for peace rather than a war zone. Dr. Anne Fishel has practical tips and strategies you can use tonight to banish conflict and tension from your dinner table for good.

Get Dr. Fishel's tips on How to Beat Tension and Conflict from Your Family Dinner at thefamilydinnerproject.org/food-for-thought/how-to-beat-tension-and-conflict-from-your-family-dinner

seeds of good health, not just physically but emotionally, socially and academically as well. When you sit down with your family each night, you've got a unique opportunity to grow something special. Here are some ways to get things going this month:

GROW GOOD IDEAS: MAKE LIKE A FOUNDING FATHER WITH BENJAMIN FRANKLIN CIRCLES

Political fervor is heating up as the Presidential Primaries head towards Super Tuesday. We can't think of a better time to examine the teachings of an influential figure in the shaping of America, or a better time to take a closer look at our own ideals. The Family Dinner Project has teamed up with the 92Y to create a new resource for engaging your friends and family in a fun, civic-minded dialogue at the dinner table. Check out our work on the new Benjamin Franklin Circles initiative and take this opportunity to plant some seeds of wisdom and civic engagement!

Read more about Ben Franklin Circles and download our resources at: thefamilydinnerproject.org/news-projects/start-a-benjamin-franklin-circle-at-your-dinner-table.





VEGGIE WAFFLES



We should all be eating more vegetables, right? Whether you serve these waffles for a family breakfast or a family dinner, the hefty helping of carrots and zucchini

folded into the batter will add to your daily produce tally in a sweet way. Pop extras into the freezer to toast up on busy mornings!



Instructions:

1. Preheat a waffle iron according to manufacturer directions.
2. In a medium bowl, whisk together the dry ingredients (flour, sugar, baking powder, and cinnamon).
3. Add the eggs and milk and mix well.
4. Whisk in the melted butter until the batter is smooth and thick.
5. Fold in the carrots and zucchini.
6. Cook the waffles according to your waffle iron's specifications. Serve warm, with maple syrup or a sweet flavored cream cheese!

Ingredients

- 1 3/4 cups flour (you can use all-purpose or a whole-grain flour of your choice)
- 1/3 cup granulated sugar
- 2 tsp. baking powder
- 2 tsp. cinnamon
- 2 large eggs
- 1 1/2 cups milk
- 4 tablespoons butter, melted
- 1 cup each grated carrot and zucchini



BETWEEN DINNER AND DESSERT

Keeping kids at the table longer is a great way to get more out of the ritual of family dinner. These easy

games and activities turn your average family dinner into a party, and help create lasting memories.

thefamilydinnerproject.org/fun/between-dinner-and-dessert

CONVERSATION

In the category of “really cool stuff that we learned this week” comes this New York Times article about black holes, gravitational waves and Einstein’s theory of relativity. Whether you’re a well-versed science buff or a casual observer, the revelation that science can now prove that space and time can be stretched, slowed and speeded up is an eye-opener. What’s more, the

story has some interesting things to teach us all about the scientific method and persevering through challenges to find the answers we seek.

Share the news with your family, then talk about it at your dinner table:

- Einstein believed that gravitational waves existed, but he became less certain of his belief when he wasn’t able to gather the evidence he was seeking. Are there things you believe that can’t be totally proven? Do you rely mostly on facts and evidence to make decisions, or on your instincts?
- The concept of playing with time has shown up in a number of books, movies and TV shows. What’s your favorite fictional storyline about time travel or manipulating time?
- The scientists in the article point out that until recently, observing and learning about space was something that could only be done visually. Adding audio to their studies helped them achieve this scientific breakthrough. Can you think of any situations in which you haven’t been able to use all your senses? Did you have to change the way you used your available senses? Was your ability to draw conclusions or make predictions altered?
- If you could slow down or speed up time, would you do it? Under what circumstances?
- Groups of scientists have spent decades trying to prove Einstein’s theory. Why do you think they didn’t give up? Have you ever spent a lot of time pursuing a goal that you might not be able to reach? What was it? Why did you continue, even though you weren’t sure you could finish?

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