

THE “HOW” OF FAMILY DINNER



Food

May is a popular month for breakfasts and brunches -- or breakfast-for-dinner!



Fun

Mother's Day is fast approaching. Play “20 Things I Love About Mom” and record your answers for a sweet keepsake!



Conversation

If you're getting generations together for Memorial Day picnics, graduations or Mother's Day celebrations, try some of our Interview questions to get the conversation flowing!



You may notice that this newsletter is a bit different from our usual. That's because we've just unveiled some updates to our website that we're excited to share with you, so we're taking this opportunity to fill you in. But don't worry -- the expected food, fun and conversation are still here as well, located in their usual spots at the end of the email!

Since The Family Dinner Project first launched over five years ago, we've always said that while the research tells us "why" people should have family dinners, we want to be about "how" to have them. That's why we provide tips, tools and resources that are aimed at helping families overcome common challenges and gather

more frequently for food, fun and conversation about things that matter.

Families often ask us: "But how do I do The Family Dinner Project?" The answer has always been that it starts at your own dinner table, with simply sitting down and sharing a meal. But now we're happy to share that there are many ways to "do" The Family Dinner Project, through the launch of our new membership features.

As always, being a part of TFDP will remain free of charge, and because there's no one right way to have family dinner, there are several ways to bring The Family Dinner Project home.

JOIN THE FAMILY DINNER PROJECT

When you visit our website, you'll now see that there's a "Join" button in the upper right corner. By clicking this button, you'll have the opportunity to sign up for any one -- or more -- of the membership choices we're offering.

Once you're signed up as a site member, you'll be able to log in at any time to manage your preferences, change your subscription choices, and view and interact with the content you save through your account. There are currently three membership options available:

Dinner Tonight. We're proud to announce that we have improved upon our Dinner Tonight series to make it more helpful for families. Now, you can subscribe to these daily helpings of food, fun and conversation and have them delivered straight to your inbox. As a Dinner Tonight member, you'll also be able to save recipes, conversation starters or dinner games you enjoy; create and edit shopping lists; and use our personal family dinner calendar tool to keep track of how many times you and your family sit down to share a meal.

Email Subscriptions. If you're receiving this email, it's because you're already a subscriber to our monthly

newsletters. By continuing to opt into membership as an email subscriber, you'll still receive these updates from us, as well as occasional messages about other important news and resources from TFDP.

The 4-Week Program. Many families have used our program, "Food, Fun and Conversation: 4 Weeks to Better Family Dinners" to jump-start their dinnertime goals. We encourage everyone to sign up for these free materials, which focus on a different goal each week and help individual families determine what works best for their households.

Of course, there's no need to become a member of our site to continue enjoying much of our online content and resources. But new and exciting tools like those offered through Dinner Tonight membership are a good reason to give it a try!

We are always looking for ways to improve and better help families of all shapes and sizes have more frequent, meaningful meals together. We hope you'll consider joining The Family Dinner Project site to try some of our new resources and contact us with your own feedback and ideas.

FAMILY OF THE MONTH

This month, we're honoring a longtime TFDP friend and champion, Khera Houston. Khera and her family attended one of our community dinner events, which inspired her to make some changes at home -- and work to help other families meet their goals, too. Watch

Khera's inspiring story and tell us: How has The Family Dinner Project inspired you? Your answers could make you the next Family of the Month!

See Khera's Story at thefamilydinnerproject.org/blog/family-blog/meet-khera-family-dinner-champion



CHEESE BLINTZES



Blintzes are thin pancakes rolled around various sweet fillings. This recipe comes from my dad, who grew up eating these in Eastern Europe and Israel.



Instructions:

1. Beat together all the blintz ingredients and let the batter rest for at least a half hour.
2. Heat a small skillet with butter. Pour about 1/4 cup batter into the pan and swirl it around, removing excess. Avoid browning.
3. Flip and cook the other side for a few seconds. Then turn blintz out onto a towel. Repeat with remaining batter and pats of butter.
4. Mix all the filling ingredients together in a large bowl.
5. To assemble, place 1 blintz on a work surface and place 1 tbsp filling on top. Fold envelope style and roll up.
6. Continue with remaining blintzes and filling.
7. Fry filled blintzes in butter until golden. Serve with fruit toppings and/or sour cream.

Ingredients

Make approximately 24 Blintzes

- 4 large eggs, beaten
- 1 cup flour
- 1/2 cup milk
- 1/2 cup water
- 1/2 teaspoon salt
- 1 cup flour

Filling:

- 1 pound dry curd or ricotta cheese
- 1 large egg yolk
- 1 tbsp butter, melted
- 2 tsp vanilla
- 1/4 cup sugar or more to taste
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20 THINGS I LOVE ABOUT...

Come up with a topic together – or put some ideas in a jar and pull out one randomly. Examples include a season or a person or place, or anything really! Then go around the table and have everyone name something silly or serious they love about that season or person or place until you have twenty items. Make sure to write everything down so you can have fun looking at it a month, a year, or 20 years from now!

[thefamilydinnerproject.org /fun/20-things-love/](http://thefamilydinnerproject.org/fun/20-things-love/)

CONVERSATION

- What is your favorite silly face to make? Silly sound?
- What is your most unusual talent? Demonstrate it!
- “You must do the thing you think you cannot do,” said Eleanor Roosevelt. What’s something you’ve done in your life that you thought you could never do?
- Share a story about a challenge you’ve overcome- maybe something you once thought was impossible.
- All of us lose our patience sometimes. Think of a recent time you lost yours. What happened?
- What was the best year of your life so far? Explain.
- What was the best vacation you ever had? Or the best you can imagine?
- Talk about a time you tried something new. What was it? What happened?
- Who is/was your favorite teacher? Why?
- Do you have a favorite summer memory, whether from this year or another? What is it?
- What place/activity/memory best captures “summer” for you as a child? How did it make you feel?

[thefamilydinnerproject.org / tag/interview/](http://thefamilydinnerproject.org/tag/interview/)

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