

THANKS AND GIVING AT THE DINNER TABLE



Food

We're giving thanks for this fun and delicious Japanese recipe from the Nelson Family!



Fun

Focus on the reason for the season with our #GivingTuesday printable activities.



Conversation

Until November 9 (and beyond!), the election is still a hot topic for many of us. Check out our take on talking politics at the table, with resources from our friends at Democracy Cafe, the Harry Potter Alliance, and Common Sense Media.



November is the month when we celebrate “The Mother of all Family Dinners,” otherwise known as Thanksgiving. It’s also the kick-off to what is arguably one of the busiest seasons of the year, with occasions to gather and share meals with family and friends filling our calendars from now until the New Year. How can you make memories when you’re totally preoccupied with making a turkey dinner for 15?

THANKS

Giving thanks at the table doesn’t have to be limited to going around while each person names something they’re grateful for this year. Shake up your thankfulness routines with our fun conversation starters, downloads, printables and activities. From a sweet food craft to placemats and intergenerational interviews, there’s something for everybody in our Thanksgiving section!

thefamilydinnerproject.org/thanksgiving

GIVING

It’s hard to be thankful, or get into the giving spirit, with “holidays” like Black Friday and Cyber Monday encouraging us to be as materialistic as possible. That’s why we’re teaming up with #GivingTuesday again this year. Join our #giveandtalk campaign for #GivingTuesday on (or before) November 29, 2016 and make a family pledge to keep you in the giving spirit throughout the holiday season.

thefamilydinnerproject.org//giving-tuesday/

We can’t be in the kitchen with you while the turkey’s cooking, but we’ve got plenty of ideas to help you prep for the memory-making! Check out these two great (and easy!) ways to slow down and focus on what matters this holiday season: Putting the “family” back into “family dinner.”

FAMILY OF THE MONTH

This month we’re pleased to introduce you to the Nelsons, a military family living abroad with plenty of wisdom to share about creating strong bonds at the dinner table!

thefamilydinnerproject.org/blog/real-family-dinner-projects-nelson-family



THE NELSON FAMILY'S KATSUDON



This recipe was shared with us by the Nelson family, a military family whose service has meant raising their four kids in locations around the world. Because of the family's ever-changing address, mom Heather tries to find ways to duplicate different international specialties at home so the kids don't miss their old favorites when they're living in a new country. She says that this Katsudon recipe is the unanimous favorite in their household: "The kids would eat it every day if I let them!"



Instructions:

1. Beat two of the eggs in a shallow dish and set aside.
2. Place the flour in another shallow dish, and the panko in a third.
3. Dredge each pork cutlet first in flour, tapping off the excess; then in beaten egg; and finally, coat thoroughly in panko.
4. Coat a large skillet lightly with oil and place over medium heat.
5. Fry the pork cutlets until golden brown all over, turning once. Remove to a wire rack to cool slightly, then cut into 1/2-inch strips.
6. In a medium bowl, mix the dashi powder, water, sugar, honey and soy sauce. Pour 3/4 of the sauce into the pan, reserving the rest for garnish.
7. Add the sliced onions to the sauce in the pan. Cook for about 10 minutes, or until the onions are tender.
8. Add the sliced pork and cook until the sauce begins to thicken slightly.
9. Beat the remaining two eggs and pour over the pork. Cover the pan immediately and cook for 1 minute to set the eggs.
10. Serve over rice, adding the reserved sauce on top.

Ingredients

- 6-8 thin pork cutlets
- 4 eggs
- 1/2 cup flour
- 1 cup panko
- Cooking oil
- 1.5 cups water
- 1tsp. dashi powder
- 2 Tblsp. sugar
- 2 Tblsp. honey
- 6 Tblsp. soy sauce
- 1 white onion, thinly sliced
- Cooked rice, for serving



GIVING ACTIVITIES



Focus on the reason for the season with our #GivingTuesday printable activities.

thefamilydinnerproject.org/giving-tuesday/print-activities/

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TALKING POLITICS AT THE DINNER TABLE

With the U.S. Presidential Election less than two weeks away, we've heard from numerous families that the stress of talking about politics – or trying not to talk about politics – is taking a toll on family time. Besides the usual delicate balancing that may need to happen if family members disagree about political matters and candidates, 2016 has brought its own challenges, with tensions flaring over everything from bullying to sexual misconduct, dishonesty and “isms” of every kind.



Ordinarily our advice to families about discussing difficult topics at the dinner table is simple: If a topic adds tension to the meal, it may be best avoided until another time. After all, dinnertime is supposed to be pleasant and help you bond, not tear you apart over the fate of the White House! But elections, and all that they bring with them, are an important cornerstone of American democracy. They provide a unique teachable moment for families

TALKING POLITICS AT THE DINNER TABLE

about the rights, freedoms and responsibilities that are fundamental to our society, and they can be a lens through which adults can impart lessons about the ideals and actions that their families value most.

So should you talk about the election at the table? Not if it's going to devolve into a screaming match or cause seriously wounded feelings. However, it's possible to talk about aspects of the election itself – voting, taking part in an important democratic process, decision-making and media consumption – without allowing the conversation to become too heated or divisive. Here are some tips and tools for discussing the election with your family that may help you keep the dinner table a peaceful place:

Read more at

thefamilydinnerproject.org/news-projects/election-2016-talking-politics-dinner-table/

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