

# NEW LOOK, NEW FEATURES, NEW DINNER INSPIRATION!



FOOD FUN CONVERSATION IDEAS AND ADVICE



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## Food

For many people, May kicks off a season of family celebrations, from graduations to brunches. Try this easy but elegant recipe to add the perfect sweet touch to any special occasion.



## Fun

If you've got a big gathering coming up (or even if you don't!), getting everyone involved in creating your Family Tree is a fun way to connect the generations.



## Conversation

Honor the mothers and mother figures in your lives with these special conversation starters and activities.



We're incredibly excited to share the big news: The Family Dinner Project has a whole new look!

After lots of hard work, we're proud to unveil our redesigned website. The changes are more than just cosmetic; we took years of reader feedback and plenty of research with families into account to help us create an improved site that will make it easier for you to get inspired about making meaningful meals a part of your routine. Some of the highlights include:

- Simplified layout and navigation to help you quickly find what you're looking for
- A new Food section with search tools, filters and sorting options to make it easy to find recipes that meet your family's needs
- A fresh look for our Conversation section, with search and filter options and colorful, easy-to-share conversation starter ideas for all ages
- An updated Fun section where you can sort activities by age range and type to help you get to the fun, faster
- Our exciting Fun and Conversation "Randomizer" tools, which serve up new ideas at the touch of a button

In addition to all these exciting improvements to the site, we've rolled out enhanced features for logged-in members. If you sign up for a free site membership (or if you're an existing member), your new "My Tools" page has some great surprises in store:

- Save any recipe, conversation starter or game to your personal account
- Keep track of your family dinners with our improved calendar feature
- Use our new Goal Setting feature to help you choose goals to improve your family's food, fun and conversation, keep track of your progress and rate your satisfaction with your meals over time

It's our mission to help every family achieve more frequent and meaningful family meals. We hope that the changes we've made to thefamilydinnerproject.org will do just that, providing both an improved website experience and improved family dinners for all!

*Scan the QR Code to Sign up for our Email Newsletter*



<https://thefamilydinnerproject.org/newsletter/new-look-new-features-new-dinner-inspiration/>



## PANNA COTTA WITH FRUIT

Panna cotta means “cooked cream,” but it’s actually a dish of milk, buttermilk or cream set with gelatin. If you’re going dairy-free, substitute almond or rice milk for the dairy products.



### Panna Cotta with Fruit

#### Ingredients:

Serves 6

2 packets powdered gelatin (about 4 1/2 teaspoons)

6 Tbsp. cold water

4 cups heavy cream or half-and-half

1/2 cup sugar

2 tsp. of vanilla extract

1 pint strawberries, cut into slices or cubes

#### Instructions:

1. Sprinkle the gelatin over the cold water in a medium-sized bowl and let stand 5 to 10 minutes.
2. Heat the heavy cream and sugar in a saucepan or microwave. Once the sugar is dissolved, remove from heat and stir in the vanilla extract.
3. Lightly oil eight custard cups or coffee cups with a neutral-tasting oil like canola oil.
4. Pour the very warm Panna Cotta mixture over the gelatin and stir until the gelatin is completely dissolved.
5. Divide the Panna Cotta mixture into the prepared cups, then chill them until firm, which will take at least two hours.





## FAMILY TREE

*Contributed by The Family Dinner Project Team.*

Take out a piece of paper and map your family's tree. Grandparents can start with their parents, and other family members can fill in the blanks from there. Kids can even decorate the tree with leaves and bark!

[https://thefamilydinnerproject.org/fun\\_content/family-tree/](https://thefamilydinnerproject.org/fun_content/family-tree/)



## ALL ABOUT MOMS

Mother's Day is this weekend, and for most of us, it's a chance to reflect and honor moms and mother figures who have been significant in our lives. While the day can also be challenging for some — those who have lost mothers or for whom the relationship wasn't ideal — we hope that these conversation starters will spark a meaningful and positive dialogue for everyone.

- Name three things about your mother — or a mother figure — that you try to model in your own life.
- What is your fondest or funniest memory about your mother or mother figure?
- If you could plan the ideal Mother's Day celebration, what would you choose to do and why?
- Animals are mothers, too! Often moms in the animal kingdom have interesting mothering practices. If you could be, or have, any animal mom, what would you choose?
- What's the best advice a mother ever gave you?

<https://thefamilydinnerproject.org/blog/conversation-of-the-week/all-about-moms/>

# The Family Dinner Project Printable Mother's Day Card:

1. Print on standard 8.5 x 11 Paper    2. Cut along red cutlines    3. Fold along brown fold lines    4. Fill out your answers    5. Give it to your Mom



Cut Line

BACK

Fold Line

FRONT



To \_\_\_\_\_.

From \_\_\_\_\_.

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FamilyDinner  
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**HAPPY MOTHER'S DAY!**



If I could do one thing for my mother, I would:

One thing my mother has taught me is:

Today I learned something new about my mother:

One word I would use to describe Mom is:

Fold Line

## The Family Dinner Project Printable Placecards:

1. Print on standard 8.5 x 11 Paper
2. Cut along red cutlines
3. Fold along brown fold lines
4. Write your names
5. Set them on the table



Fold Line

Fold Line

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the  
FamilyDinner  
Project.org

Name

Name

MOTHER'S DAY

MOTHER'S DAY



### Conversation Starters

- What is the best compliment you've ever received?
- How would you describe yourself to someone who has never met you?
- What is your favorite childhood memory?



### Conversation Starters

- If you were a fruit, what fruit would you be? Why?
- Do you think it's more fun to be a parent or a child?
- What has been your proudest moment?

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Name

Name

MOTHER'S DAY

MOTHER'S DAY



### Conversation Starters

- Who is your oldest friend?
- If you could start a new family tradition, what would it be?
- If you could have any zoo animal as a pet, what animal would you pick?



### Conversation Starters

- What personality trait has gotten you into the most trouble?
- What's something you love to do and haven't done in awhile because you were too busy?
- What is your favorite family tradition? Why?