

JANUARY 2026

THE DINNER TABLE PROJECT



A program to encourage families to eat together, have fun, and grow closer through conversation.

Easy Rice & Beans

Ingredients:

- 1 can (15 ounces) beans with liquid
- 1 cup diced tomatoes or diced tomato with green pepper and onion
- 2 cups cooked rice
- 1 teaspoon garlic salt or 1/2 teaspoon salt plus 1/2 teaspoon garlic powder

Directions:

- Stir together and heat on the stove top or microwave in a microwave safe dish.
- Add hot sauce as needed and enjoy!

Source: University of Kentucky
Cooperative Extension Service:
Nutrition Education Program:
Backpack Recipes



Conversation Starters

- **Would you rather...** have a treehouse fort or a secret tunnel fort?
- If you could meet any **fictional character** (from books, TV, movies, video games), who would you meet?
- What is your favorite **pizza topping** or toppings combination?

Questions to Ask Everyday

- What did you **learn** today?
- What was your **favorite moment** at dinner tonight?
- Who **helped you** today, and how did it make you feel?