February 2026

THE DINNER TABLE PROJECT

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

Peanut Butter Balls

Ingredients:

- 2 1/2 cups crushed crunchy cereal (save half for coating)
- 1 cup honey
- 1 cup raisins
- 1 cup chunky peanut butter
- 1/4 cup nonfat dried milk

Directions:

- Stir all ingredients together in a microwave safe bowl.
- Microwave on high for 1 minute.
- Stir and microwave on high for 30 seconds on high until melted, if needed.
- Form the balls. Roll the mixture into small, bite-sized balls, coat with cereal, and place on a parchment-lined baking sheet.
- Refrigerate the peanut butter balls for 15 to 30 minutes to firm them up.
- Enjoy!

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

PLAN. EAT. MOVE.



Conversation Starters

- **Would you rather**... be able to fly or breathe under water?
- If you could paint your classroom any color, **what would it be**?
- What is your **favorite thing** about yourself?

Daily Affirmations

- **I am kind** to myself and others.
- **I am brave** and can try new things.
- **I am smart** and can learn anything.
- **I can** do hard things.
- **I am** loved, and I love others.
- **I believe** in myself.

KENTUCKY REGIONAL PREVENTION CENTERS

The Dinner Table Project
Unplug Communicate Encourage

Family Love Jar

Throughout February, have each family member write notes about things they love—about each other, favorite memories, or simple joys—on slips of paper. Collect them in a decorated jar. At the end of the month, open it together and read all the notes as a reminder of love, gratitude, and connection.

Developmental Assets

Family Support - when family life provides high levels of love and support.

Tips:

- Listen and understand – Pay attention to your child's feelings without judging.
- Support interests – Encourage hobbies, schoolwork, and activities they enjoy.
- Keep life stable – Have routines, rules, and a safe home environment.
- Celebrate courage – Praise your child when they speak up when it's hard for them to do so. Recognize that doing the right thing sometimes takes bravery.

DTP...On the Go!

Designate one evening this month as a "Family Time Capsule Night." Gather as a family after dinner and have each person write down something they've learned, a favorite memory from the past year, and one hope for the year ahead. Add small items like drawings, photos, or ticket stubs, and seal them in a box or jar. Choose a future date to open it together.



February is Heart Health Month!

Heart Health Month is a great time to help your young child build healthy habits. Encourage daily activity, nutritious snacks, and plenty of water. Talk with your child about making safe, positive choices, like saying no to tobacco, alcohol, or other substances. Simple everyday habits help children grow strong, stay healthy, and feel their best—in both body and mind.

TELL US WHAT YOU THINK!

Febrero 2026

EL PROYECTO DE LA HORA DE LA CENA

Un programa para que las familias coman juntas, se diviertan y se sientan allegados a través de la conversación.

Bolas de mantequilla de maní

Ingredientes:

- 2 1/2 tazas de cereal crujiente triturado (reservar la mitad para rebozar)
- 1 taza de miel
- 1 taza de pasas
- 1 taza de mantequilla de maní con trozos
- 1/4 taza de leche en polvo descremada

Instrucciones:

- Mezcle todos los ingredientes en un recipiente apto para microondas.
- Caliente en el microondas a máxima potencia durante 1 minuto.
- Remueva y caliente en el microondas a máxima potencia durante 30 segundos más, si es necesario, hasta que se derrita.
- Forme las bolitas. Enrolle la mezcla en bolitas pequeñas del tamaño de un bocado, cúbralas con cereal y colóquelas en una bandeja para hornear forrada con papel de horno.
- Refrigere las bolitas de mantequilla de maní durante 15 a 30 minutos para que se endurezcan.
- ¡A disfrutar!

Fuente: Universidad de Kentucky Servicio de Extensión Cooperativa: Programa de Educación Nutricional: Recetas para llevar en la mochila



Temas para iniciar conversación

- ¿**Qué preferirías...** poder volar o respirar bajo el agua?
- Si pudieras pintar tu aula de cualquier color, ¿**de qué color** la pintarías?
- ¿Qué es lo que **más te gusta** de ti mismo/a?

Afirmaciones diarias

- **Soy amable** conmigo mismo y con los demás.
- **Soy valiente** y puedo intentar cosas nuevas.
- **Soy inteligente** y puedo aprender cualquier cosa.
- **Puedo** hacer cosas difíciles.
- **Soy amado** y amo a los demás.
- **Creo** en mí mismo.

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KENTUCKY REGIONAL PREVENTION CENTERS

The Dinner Table Project
Connect Communicate Encourage

Frasco del amor familiar

Durante todo el mes de febrero, pídales a los miembros de la familia que escriban en pequeños trozos de papel notas sobre las cosas que aman: sobre los demás, recuerdos favoritos o pequeñas alegrías. Guarden las notas en un frasco decorado. Al final del mes, ábranlo juntos y lean todas las notas como un recordatorio de amor, gratitud y unión familiar.

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Desarrollo de valores

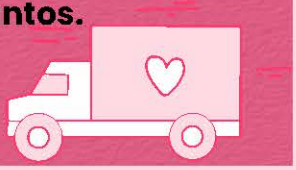
Apoyo familiar: cuando la vida familiar brinda altos niveles de amor y apoyo.

Consejos:

- Escuche y comprenda: Présteles atención a los sentimientos de su hijo sin juzgarlo.
- Apoye sus intereses: Anímale a practicar sus aficiones, a estudiar y a participar en actividades que disfruta.
- Mantenga la estabilidad: Establezca rutinas, normas y un ambiente hogareño seguro.
- Celebre su valentía: Elogie a su hijo cuando se exprese, especialmente si le resulta difícil. Reconozca que hacer lo correcto a veces requiere valentía.

DTP... ¡sobre la marcha!

Designen una noche de este mes como la "Noche de la Cápsula del Tiempo Familiar". Reúnanse en familia después de cenar y pida que cada persona escriba algo que haya aprendido, un recuerdo favorito del año pasado y un deseo para el año que viene. Añadan pequeños objetos como dibujos, fotos o entradas de cine o conciertos, y guárdenlo todo en una caja o frasco. Elijan una fecha futura para abrirlo juntos.



¡Febrero es el mes de la salud cardíaca!

El Mes de la Salud Cardíaca es una excelente oportunidad para ayudar a su hijo pequeño a desarrollar hábitos saludables. Fomente la actividad física diaria, los refrigerios nutritivos y el consumo abundante de agua. Hable con su hijo sobre cómo tomar decisiones seguras y positivas, como decir no al tabaco, al alcohol u otras sustancias. Los hábitos sencillos de la vida diaria ayudan a los niños a crecer fuertes, mantenerse sanos y sentirse bien, tanto física como mentalmente.

¡CUÉNTENOS QUÉ OPINA!

WINTER
2025/2026

table talks

DEVELOPMENTAL ASSETS

Search Institute® has identified the following building blocks of healthy development—known as Developmental Assets®—that help young people grow up healthy, caring, and responsible. Every quarter, we will spotlight one internal and one external asset (Source: searchinstitute.org).

Positive Family Communication

INTERNAL ASSET

Young people and their parents communicate positively & are willing to seek parents' advice and counsel.

Interpersonal Competence

EXTERNAL ASSET

Young people have empathy, sensitivity, and friendship skills.

BUILD POSITIVE FAMILY COMMUNICATION & INTERPERSONAL COMPETENCE THIS WINTER!

Tips!

- Share your own feelings calmly.
- Ask how your child feels, not just what they did.
- Let kids try solving problems before stepping in.
- Use "I" statements during conflict.
- Remind kids it's okay to have hard days.
- Encourage kindness and inclusion.
- Make time for fun and laughter together.

Honest Conversations About Drugs Start Here:

OR CLICK HERE!

December

National Impaired Driving Prevention Month

- 3: International Day of Persons with Disabilities
- 10: Human Rights Day
- 15: National Cupcake Day
- 21: National Homeless Persons' Memorial Day
- 31: Make Up Your Mind Day

January

Mental Wellness Month

- 11: National Human Trafficking Awareness Day
- 19: Martin Luther King Jr. Day
- 24: National Compliment Day
- 26: National Spouses Day

February

Black History Month

- 10: Safer Internet Day
- 17: Random Acts of Kindness Day
- 20: World Day of Social Justice
- Feb. 24-Mar. 2: National Eating Disorders Awareness (NEDA) Week

KENTUCKY REGIONAL PREVENTION CENTERS

The Dinner Table Project
Table Talks

KIP Data

The Kentucky Incentives for Prevention (KIP) Survey is a biannual survey taken by 6th, 8th, 10th, and 12th graders in Kentucky public schools (not all school districts participate). These results are from the 2024 Survey.

51% OF KENTUCKY 10TH GRADE STUDENTS REPORT THAT THEY THINK TOBACCO USE IS A PROBLEM AT THEIR SCHOOL.

The number one protective factor in a child's life to increase their resiliency and help them overcome adversity is having a trusted adult they can talk to. Help build your connection to youth by being that trusted adult and helping to increase protective factors for children all over.

PARENTS, WANT MORE INFO?

OR CLICK HERE!

Conversation Starters

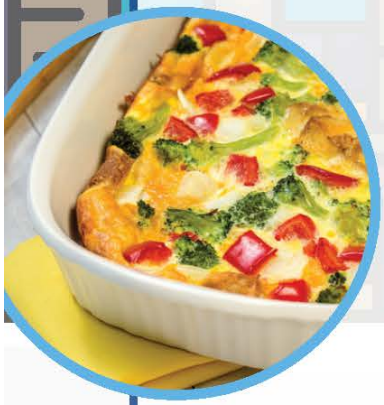
- Do you think social media helps make/maintain friendships? Why/ why not?
- Who looks up to you?
- What is a memorable act of kindness you witnessed? Why was it important?



PLAN. EAT. MOVE.

Country Morning Casserole

Servings: 8 | Serving Size: 3-by-3 inch piece



Ingredients

- 2 cups whole-wheat bread, cut into cubes
- 1 cup shredded low-fat cheddar cheese
- 6 eggs
- 1 cup milk
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ⅛ teaspoon pepper
- 1 cup frozen broccoli florets
- ½ bell pepper, roughly chopped
- ½ onion, chopped

Directions

1. Preheat oven to 350.
2. In a 7 x 11 inch or 9 x 9 inch pan, layer bread cubes and shredded cheddar.
3. In a medium bowl, mix eggs, milk, salt, garlic powder, pepper and vegetables. Pour over bread.
4. Bake for approximately one hour (check periodically) or until eggs have set.

Source: Brooke Jenkins-Howard, Extension Specialist, University of Kentucky Cooperative Extension Service