



# IDAHO FAMILY DINNER GUIDE



**What's included: Recipes | Conversation Starters | Fun Activities**

Brought to you by the **Idaho Office of Drug Policy** and **The Family Dinner Project**



Share your family dinner photos with the hashtag **#IdahoFamilyDinnerNight**

## CELEBRATE IDAHO FAMILY DINNER NIGHT!

Eating regular family meals is one of the best ways to build and maintain strong relationships with your children. Frequent family dinners are linked to positive benefits for youth, such as lower rates of substance use and misuse, decreased stress, higher self-esteem, and better academic performance in school.

That's why the Idaho Office of Drug Policy and The Family Dinner Project are encouraging you to celebrate Idaho Family Dinner Night on the fourth Monday of September. Set a goal with your family to have Family Dinner Night once a week!

\*The Importance of Family Dinners VII, the National Center on Addiction and Substance Abuse at Columbia University

Teens that eat dinner with their family five times a week are *half as likely* to use alcohol than those whose families eat together less than twice a week.\*

# Slow Cooker Chicken Santa Fe Soup

Prep time: 15 minutes; Cook time: 6-8 hours on low

Serves 6



*This recipe is courtesy of AAFCS and the University of Kentucky Cooperative Extension.*

## INGREDIENTS

- 4 frozen boneless, skinless chicken breasts
- 1 (7 oz) can chopped green chiles
- 1 (8 oz) bag frozen corn
- 1 (28 oz) can diced tomatoes, no salt added
- 1 (15 oz) can black beans
- 1 (14 oz) can low sodium vegetable broth
- 1 (32 oz) box low sodium chicken broth
- 3 tablespoons low sodium chili seasoning mix

## INSTRUCTIONS

1. Place all ingredients in slow cooker and simmer for 6-8 hours on Low (3-4 hours on High).
2. Remove the cooked chicken and shred with two forks.
3. Return chicken to the soup and serve.

*Note: If you don't have a slow cooker, you can make this soup on the stovetop; simmer all ingredients in a large stock pot for 1 hour.*



# Quick Trick Chicken Tacos

Prep & cook time: 25 minutes

Serves 4-6



## INGREDIENTS

- 1 lb. boneless, skinless chicken thighs, cut into 1-inch strips
- 1 tablespoon olive oil
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 medium onion, thinly sliced
- 1 large sweet bell pepper, sliced into strips
- 1 cup fresh or frozen corn kernels
- 3/4 cup salsa
- Juice of 1 lime
- Flour tortillas, for serving
- Shredded lettuce and sliced avocado for topping

## INSTRUCTIONS

- Heat the olive oil in a large skillet over medium-high heat.
- Add the chicken strips and sprinkle with salt and pepper. Cook until browned on one side, about 3 minutes.
- Flip the chicken over and add the onions and bell pepper strips to the pan. Cook, stirring occasionally, for another 2-3 minutes, until the vegetables begin to soften slightly.
- Add the corn and salsa to the pan. Stir well, cover and simmer for 5 minutes.
- Remove from the heat, stir in the lime juice and serve in flour tortillas, with avocado and shredded lettuce.



# 5-Minute Easy Egg Fried Rice

Prep & cook time: 5 minutes

Serves 4



*This recipe is courtesy of Seonkyoung Longest.*

## INSTRUCTIONS

1. Heat a wok or a skillet over high heat; add 1 tablespoon cooking oil and swirl to coat. Pour beaten eggs into the wok and scramble.
2. When the eggs are cooked 3/4 way, add remaining 2 tablespoons cooking oil and cold jasmine rice. Break down rice and mix it with the eggs.



## INGREDIENTS

- 3 tablespoons cooking oil
  - 4 eggs, beaten with pinch of salt
  - 4 cups cold cooked jasmine rice (you can use other types of cooked rice in a pinch)
  - 2 tablespoons soy sauce
  - pinch of salt
  - 4 green onions, sliced
  - Sesame seeds (optional, for garnish)
3. Add soy sauce around the edge of the wok, so it will burn slightly for the smoky umami flavor. Add salt to your taste and mix everything well. Reduce heat to low if you need to.
  4. Turn off the heat, stir in green onions. Garnish with sesame seeds if you'd like to! You can also add more soy sauce or sriracha to adjust this rice to your taste.

# Build Your Own Baked Nachos

Prep & cook time: 25 minutes

Serves 6



*This recipe is courtesy of Bri DeRosa from the Family Dinner Project.*

## INGREDIENTS

- 1 bag (about 12 oz) tortilla chips
- 4 green onions, diced
- 2 medium tomatoes, diced
- 1/2 medium bell pepper of any color, diced
- Additional toppings of your choice: cooked diced or shredded chicken, pulled pork, taco meat, black beans, refried beans, corn kernels, jalapeños . . . you're only limited by your imagination!
- 8 ounces shredded Cheddar Jack cheese
- 1/3 cup chopped cilantro
- 2 cups shredded romaine or iceberg lettuce
- 2 avocados, diced
- Salsa and sour cream, for serving

## INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Spread the chips in an even layer on a rimmed baking sheet.
3. Top with the sliced green onions, diced tomatoes, peppers, and any other vegetables, meat or beans you've chosen.
4. Add an even layer of shredded cheese over the top.
5. Bake the nachos for about 10-15 minutes, until the cheese is melted and the chips are extra crispy around the edges.
6. Top with the chopped cilantro, shredded lettuce and avocado before serving. Provide salsa or sour cream on the side for dipping!

# Baked Chicken Parmesan

Prep & cook time: 45 minutes

Serves 6-8



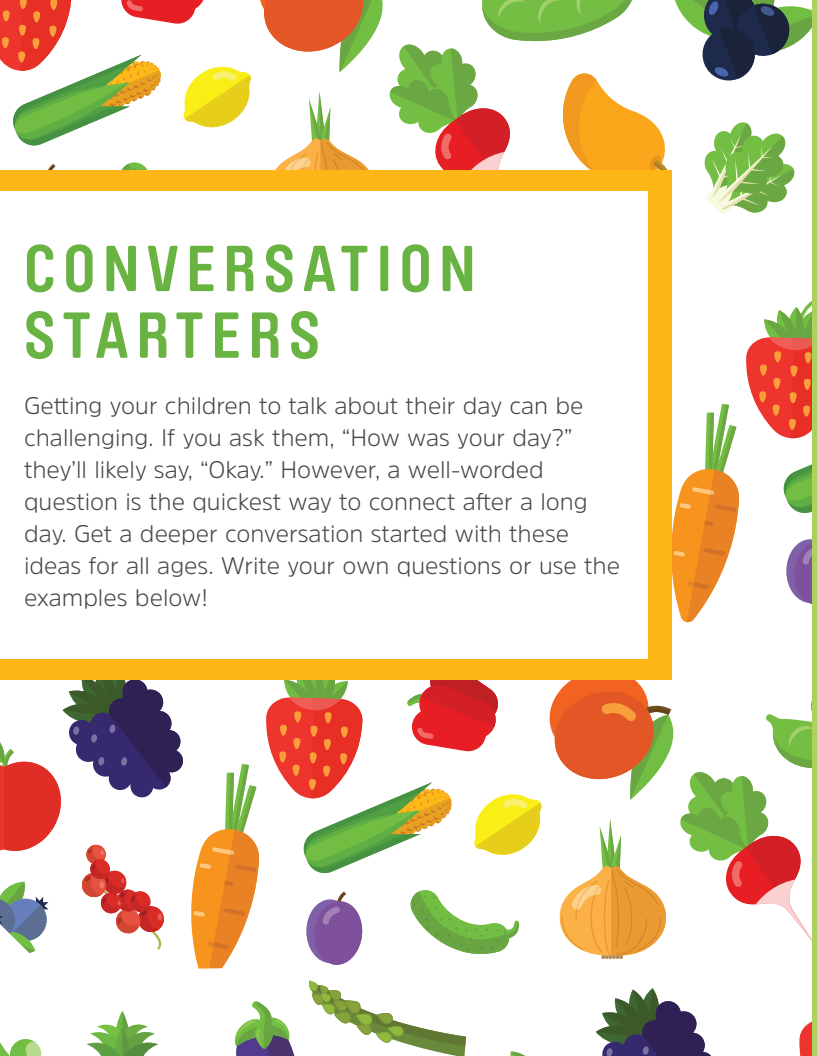
## INGREDIENTS

- 4-6 chicken breasts
- Italian dressing (for marinating chicken)
- 2 cups bread crumbs
- 1/2 cup Parmesan cheese
- Garlic powder, to taste
- Salt and pepper, to taste
- 2-3 Tbsp. olive oil
- Spaghetti sauce, homemade or jarred
- 8-10 slices of mozzarella cheese

## INSTRUCTIONS

1. Marinate the chicken breasts in Italian dressing for at least 30 minutes (you can do this step in the morning).
2. Preheat oven to 375 degrees.
3. Pour breadcrumbs in a large bowl and add Parmesan, garlic powder, and a dash of salt and pepper.
4. Dip marinated chicken into the breadcrumb mixture and coat evenly.
5. In a non-stick skillet, heat olive oil and cook chicken until brown on both sides.
6. After browning, place chicken in shallow baking pan and pour your favorite spaghetti sauce over chicken.
7. Sprinkle the mozzarella cheese on top.
8. Bake until the cheese is bubbly.





# CONVERSATION STARTERS

Getting your children to talk about their day can be challenging. If you ask them, “How was your day?” they’ll likely say, “Okay.” However, a well-worded question is the quickest way to connect after a long day. Get a deeper conversation started with these ideas for all ages. Write your own questions or use the examples below!



## WRITE YOUR OWN CONVERSATION STARTER QUESTIONS

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## 10 CONVERSATION STARTERS

What was your favorite thing you did today?

What did you do today that you're proud of?

What happened today to make you laugh?

What did you learn today that you think I don't know?

If you could take a class in anything, what would it be?

What was the hardest thing you did today?

If you made the school rules, what would your top 3 be?

What are you most looking forward to this week?

What are you most nervous about this week?

What are your top 3 wishes for this week?

A wooden surface, possibly a table or a piece of driftwood, is scattered with various toys. In the center, wooden letter blocks spell out 'GAME' and 'NIGHT'. Surrounding them are white dice, colorful pushpins, green building blocks, orange figurines, and translucent colored gems. A playing card, the Jack of Hearts, is visible in the bottom right corner.

# FUN FAMILY ACTIVITIES

Try playing these simple yet impactful activities with the family.  
Let the kids pick one to play after dinner.







## THE JAR OF GOOD THINGS

The Jar of Good things is a great family bonding activity, especially on busy nights. It's easy to set up: Just put a big jar in the middle of the table, with slips of paper and pens handy. Each person writes something on a slip of paper to add to the jar. The "good things" could be:

- One good thing that happened today
- One good thing I learned today
- One good thing I'm looking forward to
- One good thing I want to share about my family
- One good thing I'm grateful for

Let the jar "speak for you" when the family can't all be together for dinner. If everyone adds their thoughts to the jar, then family members who get home later can read what was written and have some insight into how everyone else is doing. They can also add their own papers to the jar for the rest of the family to read the next day.



## PASS THE PAGE

Pass the Page is a collaborative drawing game. The whole family can work together to create a single piece of art! You'll need a piece of paper and some crayons, pencils or whatever art supplies you prefer.

The goal of the game is to have each person add just one element to the drawing at a time. A good guideline is to think of not lifting your pencil from the paper — once you've lifted it, your turn is over. That way no single player can take over the whole drawing.

Start with one person at the table drawing a single element, like a shape or a line, on the paper. They then pass the paper to their right. The next person adds an element, and so on around the table. Keep going as many times as needed to create what you all agree seems like a finished drawing. You might be surprised what develops!

A map of the United States with states colored in a repeating pattern of red, yellow, blue, and green. Each state is labeled with its name and capital city. The map includes Alaska and Hawaii.

State	Capital	Color
Alaska	Juneau	Green
Arizona	Phoenix	Yellow
Arkansas	Fayetteville	Red
California	Sacramento	Green
Colorado	Denver	Yellow
Connecticut	Hartford	Blue
Delaware	Dover	Red
Florida	Tallahassee	Green
Georgia	Atlanta	Red
Hawaii	Honolulu	Red
Idaho	Boise	Yellow
Illinois	Springfield	Blue
Indiana	Indianapolis	Yellow
Iowa	Des Moines	Blue
Kansas	Topeka	Red
Kentucky	Frankfort	Yellow
Louisiana	Baton Rouge	Red
Maine	Oxford	Blue
Massachusetts	Boston	Blue
Michigan	Lansing	Blue
Minnesota	St. Paul	Yellow
Mississippi	Jackson	Red
Missouri	Jefferson City	Yellow
Montana	Helena	Blue
Nebraska	Lincoln	Blue
Nevada	Carson City	Green
New Hampshire	Manchester	Blue
New Jersey	Trenton	Blue
New Mexico	Santa Fe	Blue
New York	Albany	Blue
North Carolina	Raleigh	Red
North Dakota	Bismarck	Blue
Ohio	Columbus	Yellow
Oklahoma	Oklahoma City	Red
Oregon	Salem	Yellow
Pennsylvania	Harrisburg	Blue
Rhode Island	Providence	Blue
South Carolina	Columbia	Red
South Dakota	Pierre	Blue
Tennessee	Nashville	Yellow
Texas	Austin	Red
Vermont	Montpelier	Blue
Virginia	Richmond	Red
Washington	Olympia	Yellow
West Virginia	Charleston	Red
Wisconsin	Madison	Blue
Wyoming	Cheeyenne	Yellow



QR code link: <https://www.50states.com/tools/thelist.htm>

		Alabama: _____
		Alaska: _____
		Arizona: _____
		Arkansas: _____
		California: _____
		Colorado: _____
		Connecticut: _____
		Delaware: _____
		Florida: _____
		Georgia: _____
		Hawaii: _____
		Idaho : _____
		Illinois: _____
		Indiana: _____
		Iowa: _____
		Kansas: _____
		Kentucky: _____
		Louisiana: _____
		Maine: _____
		Maryland: _____
		Massachusetts: _____
		Michigan: _____
		Minnesota: _____
		Mississippi: _____
		Missouri: _____

		Montana: _____
		Nebraska: _____
		Nevada: _____
		New Hampshire: _____
		New Jersey: _____
		New Mexico: _____
		New York: _____
		North Carolina: _____
		North Dakota: _____
		Ohio: _____
		Oklahoma: _____
		Oregon: _____
		Pennsylvania: _____
		Rhode Island: _____
		South Carolina: _____
		South Dakota: _____
		Tennessee: _____
		Texas: _____
		Utah: _____
		Vermont: _____
		Virginia: _____
		Washington: _____
		West Virginia: _____
		Wisconsin: _____
		Wyoming: _____





# REFLECTION

Now that you've tried some recipes, conversation starters, and games, let's reflect by going over the 4 Fs: Facts, Feelings, Findings, and Future. This four-level process enables you to critically review and reflect upon the experience, allowing you to use what you have learned for the future.

Thinking back on the activities you completed...

## **FACTS**

What are the FACTS? What? Who? Where? When? What was surprising/expected?

State solid facts.

## **FEELINGS**

What did you FEEL? How did the situation make you feel?

Discussing how you felt can help you understand the situation better.

## **FINDINGS**

What were the FINDINGS? What did you learn?

Do you wish you had done anything differently?

This can help you evaluate the situation.

## **FUTURE**

How can you use what you have learned in FUTURE situations?

How will you implement your findings?

## NOTES/BRAINSTORM/PLAN

**GOAL:** Our family will commit to doing family dinner nights \_\_\_\_time(s) per week on this/these day(s) \_\_\_\_\_.



# DID YOU ENJOY THIS? WANT MORE?

## Food, Fun & Conversation

**1 2 3 4** weeks to better family dinners

Sign up for The Family Dinner Project's free program – **Food, Fun & Conversation: 4 Weeks to Better Family Dinners** – for tools and resources to help you make family dinners a household staple in just four weeks.

### Start your dinner journey tonight!

Learn more and get started at [thefamilydinnerproject.org/4week-program](http://thefamilydinnerproject.org/4week-program).



Idaho Family Dinner Night is a collaborative effort of the Idaho Office of Drug Policy, The Family Dinner Project, and statewide partners.

The Office of Drug Policy supports primary prevention efforts across Idaho to reduce the impact of substance misuse on our communities. We are extremely excited to partner with The Family Dinner Project, a nonprofit initiative that champions family dinner as an opportunity for family members to connect with each other through food, fun, and conversation about things that matter.



To learn more,  
visit [odp.idaho.gov/eat-together-idaho](http://odp.idaho.gov/eat-together-idaho)

