



## Connect With Us



**Food, Fun and  
Conversation  
About Things  
That Matter**



**f** Facebook.com/  
thefamilydinnerproject  
**t** @FDP\_Tweets  
**e** contact@  
thefamilydinnerproject.org



What if there was a single activity that was proven to have lifelong benefits for the physical, emotional and social health of every person who engaged in it regularly?

What if that activity was available to almost anyone who wanted to do it, right in their own homes?

That activity exists, and it's the family dinner.



Decades of research have shown that families who eat together regularly have better physical health, better mental health, better academic and social outcomes and stronger bonds than families who don't have dinner together. Yet fewer than half of all American families report eating dinner together at least once a week.



## WHO WE ARE

The Family Dinner Project (TFDP) is a growing movement of food, fun and conversation about things that matter. A non-profit organization based out of the offices of Project Zero at Harvard University, we are dedicated to increasing the frequency and quality of shared meals for all families.

## WHAT WE DO

TFDP designs online resources and community-based programs to support families to improve the quantity and quality of their meals together. We are the only organization with resources that focus on three key areas: food, fun and conversation about things that matter. Our resources include programs to support habit change, community events and service learning opportunities - all of which are available free of charge.

### Food, Fun and Conversation: 4 Weeks to Better Family Dinners

This program helps families make shared meals a household staple in just four weeks. Participating families receive free healthy and easy recipes, suggested dinner activities and conversation starters, as well as regular email reminders to help keep them on track for success.



## Dinner Tonight

This resource provides families with daily dinner inspiration and exclusive membership features. Members get an email every weekday with a recipe, conversation starter and game, plus the ability to save favorites, create and edit shopping lists, keep track of dinnertime progress and more. This program is also available in a budget friendly version that meet federal SNAP spending guidelines.

## Monthly Newsletter

Our Newsletter is a monthly digest sharing information and resources about food, fun and meaningful conversations to help families get the most from their time at the table together.

## Community Dinners

We support organizations across the country to facilitate Community Dinners, our signature event. Community Dinners are a powerful way to create a network of support for families who want to improve their family dinner habits, and provide them with take-home resources to apply what they've learned at their own tables.