

2020
Quarantine
Edition

WHAT'S FOR DINNER?

A GUIDE TO DELIGHTFUL
FAMILY MEALS
DURING QUARANTINE



100% CORONA-PROOF



Why family dinner?

COMMUNICATION

As we tell stories and catch up on the day's ups and downs, children are invited to listen and share their ideas, dreams, and opinions. This builds their muscles of communication.

DISCIPLESHIP

As we discuss events of the day, we will naturally weave in faith and explore what it means to honor Christ in each situation.

CONNECTION

We eat facing each other. It's the sitting face-to-face, inviting interaction, give-and-take, that matters most.



IDENTITY & BELONGING

When we're sharing a hearty meal and a heartfelt conversation, we're developing a sense of who we are as a family.

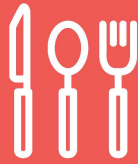
LEARNING

Planning and preparing meals together teaches kids real-life skills.

RESTING

In the stressful, uncertain times we're living in, a slow meal around a table with people we care about takes off the stress, replenishes the joy, and renews the strength.

Helpful tips



before you start



Make family dinners a priority, start small, and just do it.



Shut off the TV. Do not bring phones or any types of screens to the table.



Have your children help. Assign children jobs, such as cleaning and setting the table. This allows them to feel more engaged with mealtime, and it will be less work for you.



Light candles to give family dinner a sense of sacredness and wonder. (Family members can take turns lighting candles.)



Have everyone come to the table at the same time. It's not about being hungry, but about being together.



Feed bellies with food and nourish souls with conversation. The idea is to create a safe place-a place where everyone feels free to say whatever is on his or her mind.



Slow down and savor the process. Dinnertime is not a project to push through; it's a celebration of life and family, and the Giver of them both.

Questions



to ask

If you could wake up tomorrow having gained one quality or ability, what would it be?

What is the greatest accomplishment of your life?

What is one of the most courageous things you have ever done?

What are your three top things you'll want to do after quarantine?

What is your most treasured memory?

What would you want to do for your first play date after quarantine?

If you could trade places with anyone for a day, who would it be?

What is your most terrible memory?

***r* If you could go back and do something differently, what would it be?**

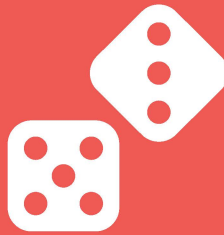
What is something you want to learn how to do?

What are you most afraid of in this time?

(What three items would you grab if your house was on fire, and all the people and pets were safe?

All great change in America begins at the dinner table. - Ronald Reagan

Games



to play

Move just one matchstick to make each equation correct.

$$3 \times 2 = 9$$

$$6 - 6 = 9$$

$$1 + 6 = 12$$

$$3 + 2 = 7$$

$$6 - 3 = 8$$

$$4 + 5 = 6$$



For the best experience-pull out a box of matches and re-create these equations. This will allow you to move the matches and look for solutions together. If you get stuck, see the answers at the end of this guide.

You learn a lot about someone when you share a meal together.

Stories



to tell

WHEN I WAS LITTLE

- What was important in your family?
- What trouble did you get into?
- What did you do for fun?
- What were some of the important rules in your family?
- How were the rules different to the ones your child is growing up with?
- How was play different?
- What was the best thing about your childhood?
- What wasn't so great?
- How was day-to-day life different?
- What were you good at?
- What did you want to be good at?
- What are some funny memories?
- What did you want to be when you grew up? Why?
- What did you do for the holidays?
- What were some family rituals/traditions?
- What was bedtime like for you?
- What was your favorite story?
- What hopes did you have as a child?
- What fears did you have?



At the supper table, kids learn to tell stories by listening.

Stories



to tell

THE PLACES I'VE SEEN, THE THINGS I'VE DONE

- What memorable trips have you taken?
- What interesting places have you seen?
- What funny, unforgettable, kind, or weird people have you met?
- Who are some people that have had the greatest impact on your life?
- What books, experiences, events and encounters have shaped you?
- What was your first day at school like?
- What was your first job?
- Who was your first boss? What did you do with your first pay?
- What was your first car?
- When did you leave home for the first time and what was it like?

MY MISADVENTURES

- What mistakes have you made along the way?
- What are your least proud moments?
- What regrets do you have?
- What do you wish you could go back in time and do differently?



One of the best ways to teach kids important lessons is through stories. However, it's always important to be careful with what we share. The stories you tell and the details you choose to keep or skip will largely depend on the age and internal wiring of your children. Be open, honest, vulnerable, and wise.

Our children's tomorrow is shaped by the stories we tell them today.

Wisdom



to live by



Avoid doing it all yourself, because kids can help in the kitchen too. Get them involved in food preparation and they may become more interested in food and willing to taste new things.



Make sure children come to the table hungry. How? Don't let them graze. Give only water in between meal and snack times.



Consider letting your child decide how much to eat. God gave them an amazing ability to self-regulate their eating in response to internal hunger cues (which can easily be overridden by bribes or demands from adults.)



Serve only one meal for the whole family. Try not to offer an alternative or enter into any trade-offs with your child. This will tell your child they have control over the situation when you should ultimately be in control.



Children do not eat well when they are pressured to eat and will not starve to death if they miss a meal or two. If your child refuses a meal or does not eat anything in about 15 to 20 minutes, calmly remove his or her food.



Present food in an appealing manner. Use a variety of bright food colors and textures, as is appropriate for your child's age. Avoid strong flavors, as a child's taste buds are more sensitive than those of an adult.



Make mealtime interesting. Try serving meals in a variety of interesting ways: meals by candlelight, barbeque or picnic, a "just finger foods" meal, breakfast foods for dinner, and so on.

Things to try

THE FAMOUS PERSON GAME

Each person should wear a sticker on their forehead with a famous person's name on it and then, by asking the other family members questions, guess who they "are."

FRUIT OF THE SPIRIT

Read Galatians 5:22-23. Talk about the fruit of the Spirit, and then let each family member affirm another person about a fruit they see in that person's life. Finish by eating a fruit salad or by trying some exotic fruits from your local grocery store.

MEANINGFUL MEALTIME PRAYERS

Let's be honest-sometimes mealtimes prayers lose their life and heart, and turn into a forced and rehearsed ritual. Perhaps this could be avoided if you let each individual choose a different prayer for the meal at least once a week ... and have some fun with it. Here are just a few ideas:

- Sing Doxology.
- Say a prayer chain-go around the table and let each person tell God something he or she is thankful for that day.
- Read a passage from Scripture-don't worry about having to add anything to it. Let the verse be the prayer.
- Take 15 seconds of total silence, letting each family member pray quietly. You may be amazed at how powerfully prayerful a pause can be!
- Move the prayer from before the meal to after the meal. Simply changing when you say the prayer can help people focus more on the act of praying.

I am sorry for what I said when I was hungry.

Prayers to pray



Pray for your family that the spirit of fear won't find any room in your hearts, and that God would fill you with peace and hope.

Pray for our leaders who are making decisions at the local, state, and federal level that God would give them wisdom and clarity to do what is best for all.

Pray for people who are infected with COVID-19 or facing quarantine, that the Lord would heal and comfort them.

Pray for the scientists and researches who are doing their best to understand the disease and to end the pandemic.

Pray for medical professionals and caregivers, that God would keep them safe and healthy, and give them compassion for every patient in their care.

Pray for Christians everywhere to be bold and use every opportunity to talk about the hope and peace found in the Gospel.

Pray for the protection of those with weak immune systems and the elderly. They are most at risk. May God sustain their bodies and spirits.

Pray for business owners and families facing financial stress, that they would remember that God is with them.

Pray for grocery store workers and delivery drivers, that the sickness would not touch them.

Pray for the protection of our missionaries. May the Holy Spirit inspire them to proclaim the gospel, that the name of Jesus Christ might be glorified around the world.

Pray for churches and ministry leaders, that they would know how to best show God's love and point their communities to Jesus.

For single mothers and fathers, that God would provide everything for the care and flourishing of their children.

Meal time is a time to pause, to give thanks, to connect.

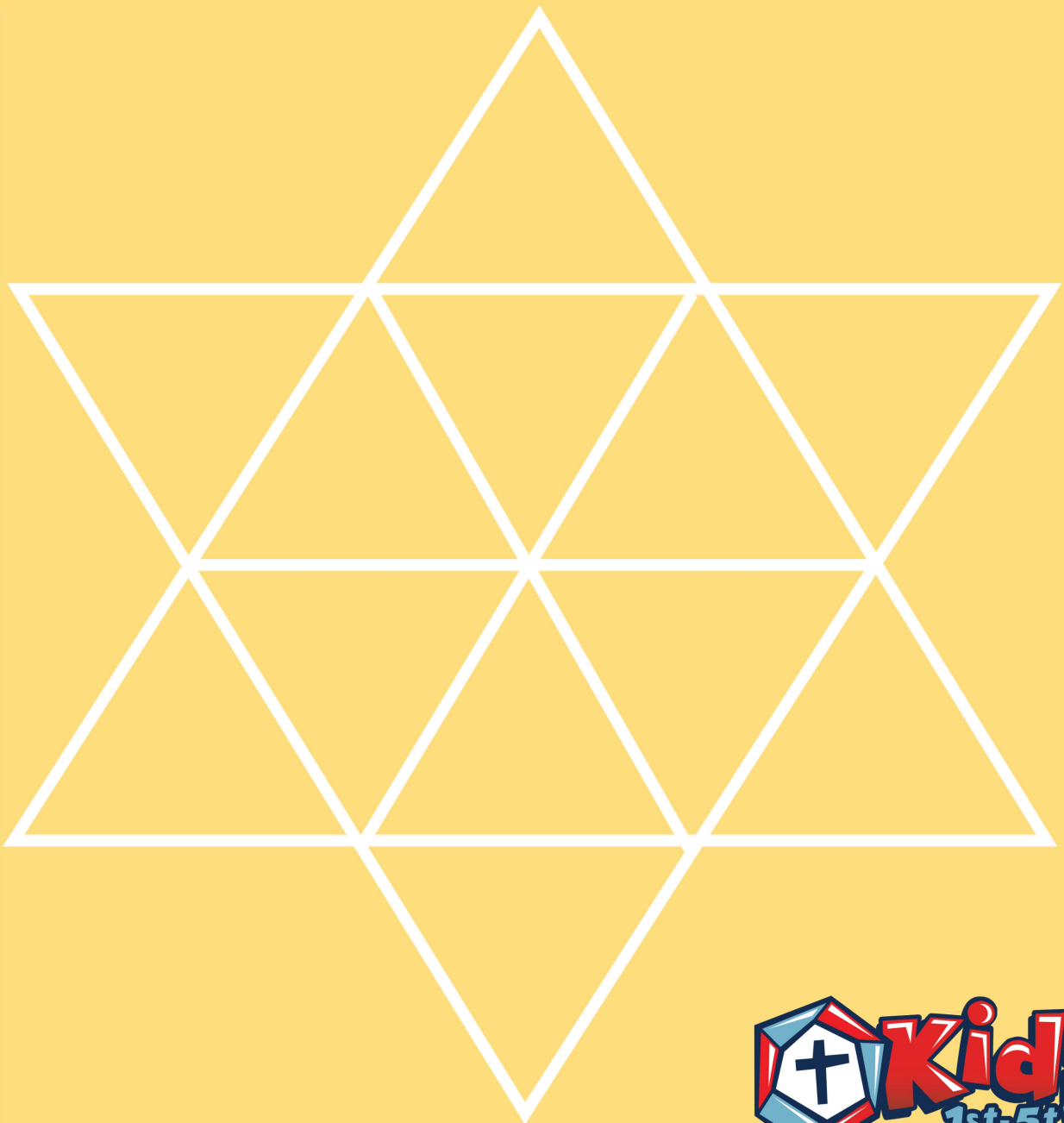
Riddles



to solve

How many triangles can you count?

Have each member of the family count and announce their answer, and then check the back of this guide to see if you were right.



Some of the best memories are made around the table.

Jokes to crack



What does a cloud wear under his raincoat?

THUNDERWEAR.

Why are teddy bears never hungry?

i03:1:1n1s
SA'r:/MTv 3?:J.A3HI

What do kids play when they can't play with a phone?

BORED GAMES.

What did one math book say to the other?

·sv-J3780?:Jd
ANr:/J OS 108 3A.I

How do you know when a bike is thinking?

.DNIN?:Jnl 8733HM
s11 338 Nr/8 noA

How did Benjamin Franklin feel when he discovered electricity?

SHOCKED!

Why do we never tell jokes about pizza?

.AS33H8 0013?:J.A3HI

Did you hear the joke about the roof?

NEVER MIND, IT'S OVER
YOUR HEAD.

What's the difference between a guitar and a fish?

YOU CAN TUNE A
GUITAR BUT YOU CAN'T
TUNAFISH.

What's a snake's strongest subject in school?

.A?:JOI-SSIH

Why is it so windy inside a stadium?

THERE ARE HUNDREDS
OF FANS.

What kind of tree fits in your hand?

"33?:Jl Vfl'r/d r/

What kind of music do balloons hate?

·dad

Why can't your hand be 12 inches long?

BECAUSE THEN IT
WOULD BE A FOOT.

What do you call a sad strawberry?

A BLUEBERRY.

Why can't Cinderella play soccer?

BECAUSE SHE'S
ALWAYS RUNNING
AWAY FROM THE BALL.

An apron is just a cape on backwards.

Riddles to solve



What begins with T,
ends with T, and has
T in it?

A TEAPOT

What gets cracked
before you use it?

AN EGG

What begins with an
"E" but only has one
letter?

AN ENVELOPE

What has words but
never speaks?

ONION'S WORDS

What's full of holes
but still holds water?

A SPOON

What goes up but
never comes back
down?

YOUR AGE

What tire doesn't
move when the car
turns right?

THE RIGHT TIRE

Where do you find
keys that won't work
in a lock?

ON A PIANO

What can travel
around the world
without leaving its
corner?

A STAMP

Which letter of the
alphabet has the
most water?

THE O

What word is spelled
wrong in every
dictionary?

WRONG

How can you make
the number seven
even?

SEVEN

What goes up and
down the stairs
without moving?

A STAIR

What is so delicate
that saying its name
breaks it?

SILENCE

What has legs but
can't walk?

A TABLE

I'm light as a feather,
yet the strongest
man can't hold me
for five minutes.
What am I?

BREATH

Count *the* memories not *the* calories.

Scriptures



to explore

MATTHEW 4:1-4 + ROMANS 15:4

- If you had the power to do so, what food would you make appear before you right now?
- How is the Bible like food?
- What would it look like for us to live "by every word that comes from the mouth of God"?

PSALM 42:1-6 + JOHN 7:37-39

- As a family, come up with 10 or more uses for water. Have fun with it.
- Have you ever felt "thirsty for the Living God"? If so, describe that experience.
- How is Jesus like water? Why do we need Him? How can we drink the "living water"?

REVELATION 3:20

- What would you do if the president of the United States were coming to your house for dinner? What would you fix? How would you dress? What preparations would you make?
- We have someone even more important than the president "visiting" us every day. Who?
- If you have an extra chair, set a place for the King of Kings.
- How can we daily prepare our hearts for God's presence?
- How can we welcome God into every moment of our lives?
- What would you ask Jesus if He was sitting at our table now?

Regular suppers make excellent learning ground.

Scriptures



to explore

ISAIAH 43:25 + HEBREWS 8:12

- Have someone get a pencil for everyone to look at. Which end of the pencil is used for writing? What is the other end used for? Why do we need both ends of the pencil?
- What things besides pencil writing do you wish you could erase? Why?
- Are there any sins that God would not "erase"? How does that make you feel?

2 TIMOTHY 3:16-17 + PSALM 119:11

- Name the books each of you has read in the past week or month. What kind of books do you enjoy reading the most? Why?
- If someone said they would put you in prison for reading a certain book, what would you do?
- How is the Bible different from other books?
- How important is the Bible to you? Why?
- How can the Bible change our lives?
- Give everyone a pencil and an index card. On it, draw a Bible story that comes to mind. Take turns looking at the drawings and guessing what Bible story is depicted.
- Play "Hide the Bible" game where one person hides the Bible, and other people have to find it. What does it mean to hide God's Word in our heart?
- Why is it important to memorize Bible verses?



They broke bread in their home and ate together. -Acts 2:46

Questions



to ask

What do you know how to do that you can teach to others?

Are you a morning person or a night person?

What do you think your life will be like in the future?

What do you wish we as a family would do more often?

When do you feel most loved?

Do you consider yourself an introvert or extrovert?

What was the biggest disappointment you've had so far?

What is the meaning of life?

If you opened a store, what would you sell?

Have you seen anything good come out from this Coronavirus yet?

What do you want to invent?

Is there a way we can still be joyful in life even when bad things happen?

Conversations around the table will strengthen your children's faith.

Jokes to crack



What kind of bug is in the FBI?

A SPY-DER.

What did one hat say to the other?

"Ovf3Hvf NO
ONIOO VJ '3♦3H Af18

What room doesn't have doors?

A MUSHROOM.

Why did the scarecrow get a promotion?

"073l.:! SH NI
ONIONfISInO S\fm 3H

Where do horses live?

·soOOH♦08
-HHHOI3N NI

Why should you never trust stairs?

THEY'RE ALWAYS UP TO
SOMETHING.

Have you heard the rumor about butter?

·11 ONIOvf3♦d8
38 LNOInOHS
I ONWJ ♦3A3N

What did the shark say when he ate the clown-fish?

THIS TASTES A LITTLE
FUNNY.

How do you throw a space party?

YOU PLANET.

What's Superman's favorite drink?

PUNCH.

Why does the moon say she doesn't want to eat?

SHE'S FULL.

What did the baby corn say to the mama corn?

IN♦OO dOd S.3♦3HM

What happened when the shark got famous?

"HSl.:!♦f18
vf 3v"Jf038 3H

What do knights do when they are scared of the dark?

THEY TURN ON THE
KNIGHT LIGHT!

Why did the banana go to the doctor?

"173M
ONi733d LNS\fm 11

What did one tomato say to the other tomato during a race?

KETCHUP!

Life is better when you're laughing.

Riddles



to solve

Fill in the blanks with the words:

BAG

CAR

CHIN

DISH

EAR

KIN

MAT

NEAP

PIN

PUMP

RANGE

STAR

to reveal the names of 11 edible things.

~~ROT~~

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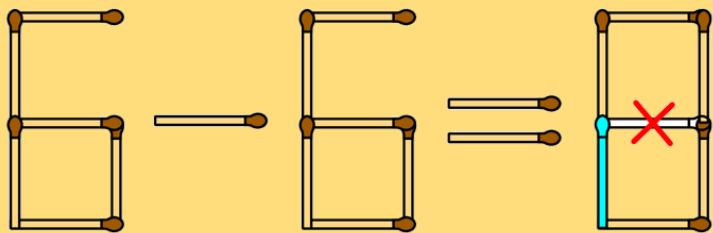
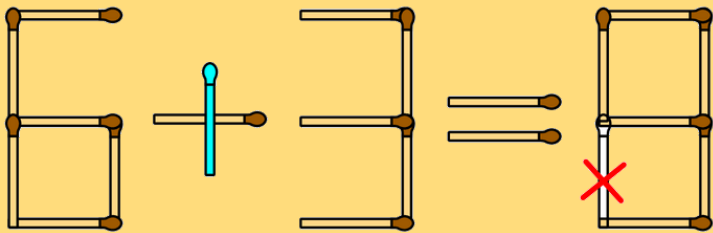
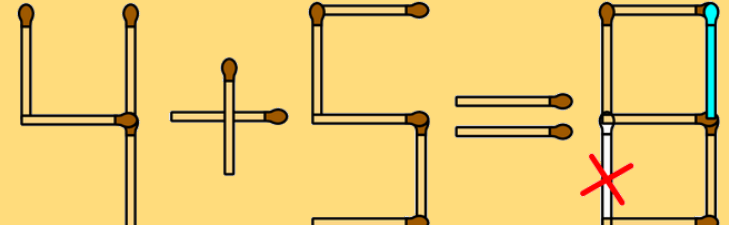
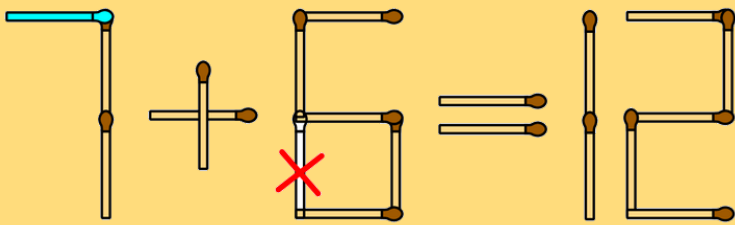
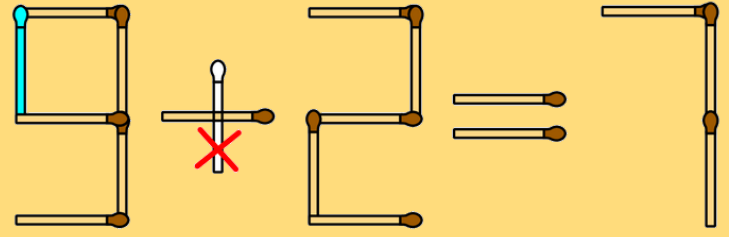
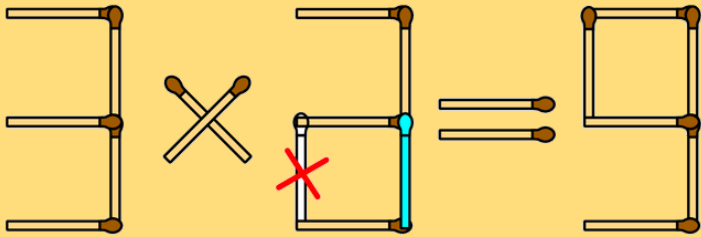
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Answers



Answers

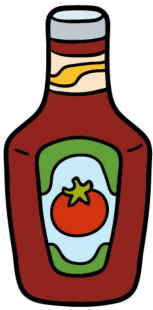


TOGETHER is our favorite place to be.

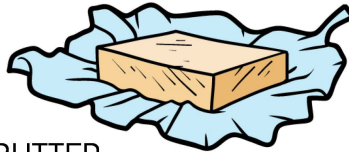
What's in the bag?

Look inside the grocery bag and see if you can find all these items that may appear in one of three possible directions: horizontally, vertically, or diagonally.

KETCHUP



BUTTER



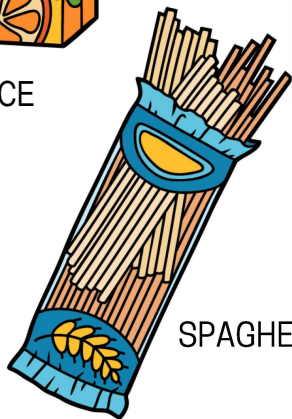
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TEA



JUICE

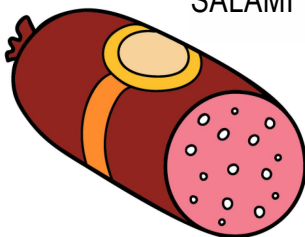


SPAGHETTI

MACARONI



SALAMI



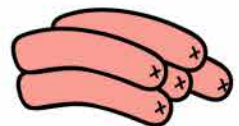
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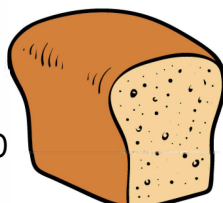
HOTDOGS



WATER



BREAD



CHEESE



EGGS

