Dinner can be quite juicy if you have the right “ingredients.” And it doesn’t require technology or devices! What is your recipe for a delicious dinner conversation? How will you whet your family’s appetite for meaningful conversation?

**MY RECIPE**

1. Let’s start with your main ingredients for a delicious discussion.

**INGREDIENTS:**
*Example: 1 heaping teaspoon of opinions.*

- __________________________________________________________
- __________________________________________________________
- __________________________________________________________
- __________________________________________________________
- __________________________________________________________
- __________________________________________________________
- __________________________________________________________
- __________________________________________________________
- __________________________________________________________
- __________________________________________________________

2. Next, list your directions in clear steps. Make sure to include a clear directive to avoid devices! Think about sequencing the steps, begin assembling ingredients, and move on to combining them, cooking, and cooling.

**DIRECTIONS:**
*Example: Set your phone to the side to cool for at least an hour.*

1. __________________________________________________________
2. __________________________________________________________
3. __________________________________________________________
4. __________________________________________________________
5. __________________________________________________________
6. __________________________________________________________
7. __________________________________________________________
8. __________________________________________________________
9. __________________________________________________________
10. __________________________________________________________

3. Lastly, name your dish or dishes with a tantalizing title:

- __________________________________________________________

What is the serving size? How many people does this recipe feed?

Get more #DeviceFreeDinner tips at commonsense.org.