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The Dinner Bell October 05, 2023



Recipes



Hot Topics



Playlists



Games



Recipe of the Month: **Bourbon BBQ Mini Meatball Subs**

As autumn arrives, our Bourbon BBQ Mini Meatball Subs by Cooked Perfect become the perfect addition to both your family dinner night and any casual get-together. Picture the delight of enjoying these meatball subs as you watch your favorite shows or teams play on the screen. Our bourbon BBQ meatballs infuse your spread with a fiery burst of flavor, enhancing the warmth of your family gathering. With every bite, you'll be making each moment a celebration of flavor and family.

Congrats to our September Winner!



"With two healthcare workers for parents our schedules can get crazy, especially when you throw in three kids plus their schools and activities.

Weekend dinners end up being sacred to us, when we can all be together and catch up without interruption or the rush of having to get to the next activity."

Didn't win this time?

Stay subscribed to be automatically re-entered for next month's drawing! Winners are picked at the end of each month, so be sure to check back monthly.

[Enter Now!](#)



The Perfect October Playlist

We've searched high and low across music streaming platforms to craft the Ultimate Playlist for your Family Dinner Night soundtrack this October!

[Download Playlist](#)





EXPERT ADVICE

The Unexpected and Long-Term Benefits of Family Dinner

Anne Fishel, PhD, director and co-founder of The Family Dinner Project, says eating together is good for the spirit, brain and health of all family members.

[Read More](#)



Games the Entire Family Can Play

We have made a collection of family friendly games that will be sure to encourage participation from everyone at the table!

[Click for More](#)

Submit Your Stories!



We want to hear from you! Share your Family Dinner Night Hacks. Upload your stories and help us build the movement of bringing families together over a great meal!

[Submit](#)

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