

04/23/09 - The Food of Mothers Day

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Unlike Turkey at Thanksgiving, Ham at Christmas or even Turkey or Ham at Easter, there is no specific food that says "Mother's Day." Depending upon your outlook not having a "go-to" meal for Mother's Day can be a curse or a blessing.

If you know the favorite food or meal of the mom in your life is then your job is simple. Make a menu of those items, create your grocery list, shop for the items, find the recipes and cook. However, if you have no clue what you would like to prepare for her this Mother's Day read on.

Breakfast

Breakfast in bed might sound like a wonderful idea but mom might just be sitting in bed worrying about the mess you are making. A better idea might be to just get the kids ready and let mom shower and dress in peace and then take everyone out to breakfast at her favorite restaurant or diner. However, if you would like to make a breakfast for mom then make her favorite dishes and don't forget to clear the table, wash the dishes and put them away.

Brunch / Lunch

If you let mom sleep in a little ? that means watching any little ones that might be

around ? then you can serve her a brunch or lunch. You can prepare the meal while she is waking up and getting ready for the day and then surprise her when she walks into the kitchen with a sumptuous meal. Once again, it is your responsibility to clean up so try to plan a relaxing activity for her to do while she is waiting for you to finish the dishes. A well rested mother with food in her belly is a happy mother.

Dinner

A full day ? remember Mother's Day is on a Sunday ? might mean you need to wait until the evening meal to shower your mom with her edible treats. If you are not able to prepare the meal yourself it is still possible to have a delicious meal with a little advanced preparation or even perhaps by ordering a meal from your local grocery store, Honey Baked Ham store or some other food delivery service. Don't forget to include the paper good! That way everyone can enjoy a "home cooked meal" without the dirty dishes that come along with preparing dinner.

Food is just another way to express your love and appreciation to your mom and she will truly appreciate any effort your put forth into making her day special.