



Alternatives to Muffins with Mom and Doughnuts with Dad

Why is it important?

These events are a great opportunity for parents to spend time with their students in school, see what they are up to during the day, and meet their friends. At the same time, they are a great opportunity to extend the healthy eating and physical activity lessons that are being taught in classroom.

Alternative titles:

1. Moving with Mom
2. Mornings with Mom
3. Manicures with Mom
4. Meal with Mom
5. Mangoes with Mom
6. Dominoes with Dad (and other games)
7. Dinner with Dad
8. Fruits with Fathers
9. Dad Day or Dad's Day
10. Parent's Day
11. Parent Involvement Day

Alternative activities that can be matched with these titles:

1. Hold an "art walk" where the kids display recent works of art. Parents can pay for entry into the show and/or buy pieces of art.
2. Have teaching moments where the kids can prepare and plan to teach their parents something new (they can make posters, prepare simple skits, etc).
3. Have kids present mom/dad appreciation items (art, poems, pictures etc).
4. Game day-plan fun games that families can play together.
5. Be active- play simple games that get families active (hop scotch, relay races, scavenger hunt, Simon says, freeze dance competition, etc).
6. Create something- let families create art together.
7. Play music- collect musical instruments from families and let families explore them.
8. Work day-maybe there is something that needs improvement on campus. The families could work on together to complete a project (a garden project, playground clean up, plant a tree, etc).
9. Charity work- hold your event in conjunction with a food drive and have the families help pack and organize food boxes. Reach out to a local charity and see if there is some way the kids and families can contribute.
10. Have a karaoke event where parents and kids can sing and dance together.

If you are going to use food try these fresh, healthy ideas:

1. Fresh fruit (make fruit kabobs or display the fruit in creative ways)
2. Low-fat yogurt
3. Low-fat granola
4. Whole grain English muffins
5. Fat-free or 94% fat-free popcorn
6. Dried fruit with no added sugar
7. Nuts and seeds
8. Hard-boiled eggs
9. Celery sticks topped with peanut butter
10. Baked 100% whole grain crackers
11. Bottled water, still and sparkling
12. Spa water (water infused with fruit)
13. Part-skim Mozzarella string cheese
14. Mango parfait made with mango chunks and low-fat or fat-free yogurt
15. Dinner for lunch, like pasta, chili, or buffalo chicken salad