

Food and Nutrition Related Activity Ideas

Aromatherapy - Baked Foods, Simmering Spices

Baking 101

Canvas and Cookies

Coffee Klatch/Cafe/Coffee Bar - Include health benefit education (antioxidants), a specialty coffee bar, a special staff to dress as a Barista to serve/participate

Container Gardening or Gardening

Cookie Decorating

Cooking with the Chef

Cornbread in a Mug

Cookbook - Create a Facility Cookbook

Creating the Soup of the Day

Dine with the Administrator

Dinner with the "Boss"

Dinner with the Chef

Fancy Dinners - Men's Night, Candlelight Dinners

Farm to Table Activities

Food Related Activities - Salads, Cake/Cookie Decorating

Fun Themes - State Fair Week, National Food Day (ie Potato Day with education, games, food activities_

Fun with Food - Using Your Hands/Fingers

Gardening

High Tea

Homemade Salsa

Ice Cream Sundae Bar

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Juice and Jazz

Make Your Own Dinner Roll (Meeting Activity Today)

Meal Participation - Set Up Meal with Napkins, Set the Table, Family Style, Pour Beverages

Mediterranean Diet Bingo

Menu Review Activities

Monthly Food/Menu committees

Movies and Mocktails

Nutrition Education Focused Classes - themes could include brain/cognition, diabetes, blood pressure, etc.

Recipe "Thank You" Note Cards for Resident/Facility Use

Recipe Contests

Resident Planned Meals (differs from "Chef Choice")

Senses - Sweet, Salty, Sour and Bitter

Sip and Paint

Tailgate parties

Trial of New Recipes

Turn Lemons into Lemonade

Vegetables - Wash, Peel, Break Apart

Veggie or Fruit Platters - Resident Participate from Start to Finish

Wine Tasting, Beer Tasting, Bourbon Tasting

3 Ingredient Recipes