



7 Vegan-Friendly Mother's Day Experiences She'll Truly Love

By Dana Hudepohl
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This Mother's Day, skip the crowded restaurants and generic gift baskets, and show your appreciation with something more meaningful: a day designed around connection, nourishment, and compassion.

Whether your mom is a seasoned plant-based pro or just dipping her toes into the world of whole-food, plant-based living, we've rounded up some heartfelt, health-conscious ideas to make her feel truly cherished. From cozy homemade brunches and animal sanctuary visits to spa days and movie nights, these vegan-friendly experiences are sure to tug at Mom's heartstrings. Read on and get inspired to find the perfect gift for your one-of-a-kind mama.



Make her a special **brunch**.

Whether your mom is a longtime vegan or this is a delicious introduction, show her how much you care about her health, vitality, and taste buds with a nourishing spread of whole plant-based dishes. Start with a bowl of fresh, seasonal fruit as a colorful centerpiece for the table, and choose a few recipes from our [roundup of vegan Mother's Day options](#). She will feel the TLC when you invite her to sit back, relax, and taste the love.



Do lunch at an **animal sanctuary**.

Want to melt Mom's heart? Take her to visit rescued pigs, cows, sheep, and other farmed animals at an [animal sanctuary](#). Pack a tasty plant-based picnic or look for an onsite restaurant, such as [The Kitchen](#) at the [Farm Sanctuary](#) in Watkins Glen, New York. The restaurant serves vegan meals made with fresh ingredients from local farmers and the sanctuary's own garden. You can even turn the trip into an overnight stay in one of their cozy tiny houses overlooking the pasture.

Gift her a trip to a **vegan resort**.

For a next-level Mother's Day gift, treat Mom to a [vegan getaway](#) so that she can live and breathe the plant-based lifestyle at a fabulous destination. When you build her a travel itinerary at an eco-friendly property focused on

(continued)

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sustainability and wellness, she will not only eat like a WFPB queen; she can nourish herself inside and out with activities like yoga, meditation or hiking. Vegan travel comes in all price ranges to fit any budget—even under \$100 a night. Just don't forget to offer up the perfect travel companion: You!

Host a movie night and fix her some [yummy snacks](#).

Bypass the local movie theater concession stand's buttery [popcorn](#) and sugary candy. Instead invite your mom to a private screening from the comfort of home where you can kick back with pillows and blankets and your favorite homemade vegan snacks. Need ideas? We've gathered plant-based pros' [top picks for movie-night munchies](#). Trade jumbo fountain sodas for [infused water](#), iced teas, or [tropical smoothies](#). Go ahead and do the kitchen prep work ahead of time so that you can turn down the lights and enjoy the show with your VIP guest.



Book an appointment at a cruelty-free spa or salon.

Pamper your mama with an indulgent self-care day that

(continued)

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you both can feel good about. Whether you want to do hair, makeup, nails, a massage or facial, search [HappyCow](#) or [Aveda](#) to find a local establishment that uses vegan and certified cruelty-free products. You can also look for the Leaping Bunny—certified or PETA-approved designations, or check out hashtags on social media such as [#VeganSalon](#) or [#CrueltyFreeBeauty](#). For a stay-at-home spa day, bring Mom a basket filled with [vegan beauty products](#).



Hit the farmers market together in style.

Could there be a lovelier way to spend a weekend morning with your mom than strolling the springtime [farmers market](#) stocking up on fresh produce and other vegan treasures? To start, hook her up with some [clutch farmers market gear](#) for a stylish, zero-waste shopping experience—think reusable totes, mesh produce bags, and a wide-brimmed hat for sun protection. (We also love this [hands-free water bottle](#), which will help Mom stay hydrated without getting in the way of shopping.) Now you're ready to let the Mother's Day festivities begin!



Gift her a plant-based cooking

course.

Is Mom getting into the plant-based lifestyle? Give her the tools to nourish herself long after Mother's Day with the Forks Over Knives Ultimate Cooking Course. Designed for all skill levels, this self-paced online program empowers her to create delicious, wholesome meals with confidence. It's a thoughtful way to support her health and spark inspiration in the kitchen—no crowded restaurants required. Normally \$349, the course is [currently on sale for \\$149](#).

Featured image courtesy of [Best Friends Animal Sanctuary](#).