

HEALTHY FOOD & BEVERAGE OPTIONS FOR STAFF MEETINGS & EVENTS

BEVERAGES



Water should always be an option, skim or 1% milk, soy milk without added sugars, coffee, tea-hot or cold and unsweetened, sparkling water without added sugars.

SNACKS

Fruit (dried, fresh – cut or whole fruit), vegetables, hummus, whole grain crackers, cheese cut into $\frac{3}{4}$ " squares or smaller, nuts without added sugar or salt, and yogurt with little or no added sugar.



BREAKFAST MEETINGS

Fruit, vegetables, nuts without added sugar or salt, whole grain English muffins or bagels, nut butter (such as peanut or almond), sunflower butter (nut allergy friendly), hard boiled eggs, and yogurt with little or no added sugar.



TIPS

- Offer smaller portion sizes.
- Try to limit extra condiments and sauces.
- Offer fruit as a sweet treat.
- Desserts are "sometimes" foods. If offered, cut them into smaller portions.
- Consider food allergies and offer alternatives.
- Emphasize water, whole grains, fruits & vegetables.
- Try to offer vegetarian options.
- Make infused water for meetings- try strawberries & basil or mint & cucumber.
- Ask people to bring healthier versions of their favorite recipes for potlucks.



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HEALTHY BREAKS

Consider replacing a snack break with a physical activity break - think a 10-minute guided walk, Instant Recess or stretching. Alternately, include some physical activity and a snack like whole fruit such as apples and mandarins, yogurt with little or no added sugar, or nuts without added sugar or salt.

BREAKFAST OPTIONS

Whole grain bagels cut into halves or quarters with peanut butter and/or reduced fat cream cheese, hard-boiled eggs, assorted fruit such as berries, melon, and apples, skim or low-fat milk, unsweetened soy milk, water, coffee (regular and decaf), or tea (caffeinated and herbal).

LUNCH OR DINNER MEETINGS

Grilled chicken sandwich on whole grain bread with tomatoes and lettuce, include a vegetarian sandwich option such as hummus, cheese, and vegetables also on whole grain bread, fruit, water, skim or low-fat milk, unsweetened soy milk, coffee (regular and decaf), tea (regular and herbal).