



EATING WELL AT WORK

FOR MEETINGS & EVENTS



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Incorporating healthier food choices at workplace meetings is a fun, creative, and simple way to help keep employees healthy and let them know that you value their hard work. Many times the food provided at these events lacks nutritional value and could be substituted with food that is healthier and tastes great. Take a look at the sample lists below for ideas of healthy food choices that could be provided during office events. Remember to include an abundance of fruits and vegetables to help keep attendees focused and full of energy.

Quick tips:

Offer fresh fruits and fresh, steamed, or baked vegetables

Have smaller pastries, doughnuts, or muffins; or split large ones with a co-worker

Use smaller plates and make multiple trips through the line if you are still hungry

Be sure to include healthier vegetarian options that are not heavy on dairy, pastas, or fattening sauces

Include grilled, broiled, baked, or steamed foods and limit items that are fried or sautéed

Ask the catering company for special menus such as lower fat, heart healthy, reduced sodium, dressing/sauces on the side, prepared with no or light oil/butter, smaller portions.



BREAKFAST OR BRUNCH MEETINGS

A variety of seasonal or local fresh fruit and vegetables

Yogurt

Granola with dried fruits

Bagels should be 3 1/2 inch diameter or less

Spreads such as low-fat cream cheese, jam or jelly

Whole grain, low sugar cereals

Small or mini muffins or fruit bread

Fruit and nut granola bars

100% whole grain breads such as toast, english muffins, and bagels

Fruit and vegetable smoothies

Hard-boiled eggs

Omelets with various vegetables

Low-fat breakfast meats such as turkey bacon or sausage

Choose foods that are baked, broiled, poached, grilled, roasted or steamed if you're short on time, try one of the following pre-selected menus at your next breakfast meeting:

BREAKFAST MENU A

**Assorted mini bagels,
including wheat,
oat and fruit options**

Various seasonal whole fruits

**Low-fat cream cheese, jams, jellies,
and hummus**

Whole grain cereal

Milk

**Yogurt with granola
and/or fruit**

**Coffee and tea with
nonfat creamer**

**100% fruit or vegetable juice
Water**

BREAKFAST MENU B

Hard boiled eggs

Mini muffins

Cut up fresh fruits

Yogurt dip

Milk

Coffee and tea

100% fruit or vegetable juice

Water



Always try to provide a wide variety of colorful foods when planning menus.



Part of the Healthy for Life healthy eating toolkit. Learn more at <http://umurl.us/eatwell>.

LUNCH OR DINNER MEETINGS

A variety of seasonal or local fresh fruit

Broth- or vegetable-based low sodium soups

100% whole grain breads

Sandwiches or a sandwich tray with various fresh vegetables, cheese, lean meats (chicken, turkey, fish) and low-fat spreads

Salads should contain a variety of vegetables and fruits

Dressings on the side so that people can choose their own portions

Pastas with olive oil, tomato or other vegetable or herb-based sauces

Vegetarian alternatives such as bean-based soups and casseroles or vegetable lasagna

Serve entrees and side dishes with beans, peas, quinoa, and lentils

Choose foods that are baked, broiled, poached, grilled, roasted or steamed

Provide at least two vegetables, preferably seasoned with fresh herbs

If you're short on time, try one of the following pre-selected menus at your next lunch or dinner meeting:

LUNCH MENU A

Vegetable platter

Healthy dips such as hummus,
guacamole or salsa

Bean or broth-based low salt soup

Lean turkey/veggie/tuna rollups

Mayonnaise and mustards on the side

Salad with dressing on the side

Fruit kabobs

Water

Unsweetened tea

Fresh lemonade

Coffee

DINNER MENU A

Baked fish, seasoned with herbs rather than salt

Vegetable Lasagna

Steamed seasonal vegetables without butter

Brown rice or quinoa

Green salad with dressing on the side

Whole grain rolls

Water

Unsweetened tea

Fresh lemonade

Coffee

LUNCH MENU B

Grilled or baked chicken sandwich
on whole grain bread

Mayonnaise, mustard, or herb spreads on the side

Pretzels and baked chips

Sliced seasonal fruit

Green salad with oil and vinegar dressing on the side

Vegetable platter

Healthy dips such as hummus or guacamole

Water

Unsweetened tea

Fresh lemonade

Coffee

DINNER MENU B

Baked chicken, seasoned with herbs rather than salt

Grilled vegetable kabobs

Spinach salad

Dressings on the side

Baked sweet potatoes

Whole grain rolls

Water

Unsweetened tea

Fresh lemonade

Coffee



Whole fruit makes an excellent snack for meetings.

MEETINGS WITH SNACKS, DESSERTS, AND/OR LIGHT REFRESHMENTS

Snacks:

- Bite-sized fruits and vegetables in-season like grapes, cherries, strawberries, baby carrots, cherry tomatoes, and broccoli florets
- Whole, fresh fruits like apples or bananas.
- Cut-up fresh fruits including honeydew melon, cantaloupe, and watermelon.
- Pre-packaged fruit cups (in juice, not syrup) or dried fruits, when refrigeration is not available
- Cut-up fresh vegetables such as celery, squash, and bell peppers
- Pretzels or popcorn
- Frozen yogurt
- Baked tortilla chips and salsa
- Healthy dips and spreads such as mustards, hummus, salsa, or fresh guacamole

Desserts:

- Fruit platters with yogurt dip or dark chocolate dip
- Petite or mini desserts
- Pretzels or popcorn
- No sugar added frozen yogurt or sorbets
- Dark chocolate treats
- Air popped popcorn with no added butter or salt
- Light whipped cream toppings or dips

If you're short on time, try one of the following pre-selected menus at your next event with snacks and desserts:

SNACKS & DESSERTS MENU A

- Fruit platters with yogurt dip or dark chocolate dip**
- Vegetable platter**
- Petite or mini desserts**
- Pretzels or popcorn**
- No sugar added frozen yogurt or sorbets**

SNACKS & DESSERTS MENU B

- Dark chocolate treats**
- Petite or mini desserts**
- Air popped popcorn**
- Fresh fruit with yogurt dip**
- Fresh strawberries and light whipped cream**



POTLUCK MEALS

Another fun way to enjoy food at work is to have potluck meals where everyone brings a food item to share. When having people sign up to bring things, encourage them to bring a wide variety of foods including lots of fruits and vegetables. If you think it will be hard to get people to bring healthful foods on their own, try having a list of suggested foods that people can sign up to bring. People may not have been able to come up with some options on their own and appreciate having things to choose from. Check out the list below for some ideas of things people could bring to a potluck meal.

Salad with greens and fresh fruits and vegetables with dressing on the side

Deli sandwiches with lean, low sodium meats

Vegetable trays with fresh vegetables

Healthy dips such as hummus, salsa, and guacamole

Casseroles with vegetables

Fruit salads with cut up fresh fruits

Whole fruits

Dark chocolate

Trail mixes

Steamed vegetables such as broccoli, carrots or corn

Pasta salad with vinaigrette dressing and lots of vegetables

Potatoes that are baked with herbs

Rice dishes that are low in sodium and fat

Pastas with red or herb sauces



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