

## *A Guide to Providing Healthy Foods in Meetings*

Employees eat and snack frequently in the workplace. By changing the work environment, organizations have the opportunity to create a workplace where healthy choices are readily available by implementing policies and guidelines related to foods and beverages served at organization sponsored meetings and events.

### **Quick Tips for Providing Healthy Foods in Meetings**

#### **Refreshments**

- When refreshments are being served at a meeting or event, include water and fresh fruit or vegetable options.

#### **Meals and Snacks**

- Emphasize fruit, vegetables, whole grains, and nonfat or low fat dairy products.
- Include lean meat such as skinless poultry, and fish. Beans, tofu, eggs, nuts, and seeds are also appropriate.
- Remember to include a vegetarian option and consider a vegan option for larger groups.
- Select foods with no trans fat and low in saturated fat, sodium, and added sugar.
- Choose food that is prepared by grilling, baking, or sautéing with healthy fats.
- Serve healthy portions.

#### **Beverages**

- Water should always be included, preferably served in bulk containers such as water pitchers rather than individual plastic bottles to reduce waste.
- Other healthier beverage choices include:
  - Non-caloric beverages such as coffee or tea.
  - Carbonated water or iced teas, flavored or unflavored, with no added sweeteners.
  - Nonfat milk, 1% milk or dairy-free alternatives (soy, rice milks, lactaid).
  - 100% fruit or vegetable juices (6-8 ounces or less).
  - When possible, serve beverages in bulk to reduce waste.

For more information about Healthy Meetings visit [NashVitality.org](http://NashVitality.org)