



# GUIDELINES FOR HEALTHY MEETINGS

Offering healthy choices and incorporating physical activity (if possible) at meetings and other school events makes it easier for district employees to eat healthy foods and be physically active. This can have a positive impact on their health and contribute to a healthy and safe work environment.

## Menu Suggestions

### BREAKFAST

- \* High-fiber cereals e.g., bran flakes, low-fat granola or oatmeal
- \* Fruit toppings (raisins, dried fruit mix, fresh strawberries, bananas, blueberries) for hot and cold cereals
- \* Hard cooked eggs
- \* Vegetable omelets
- \* Low-fat yogurt
- \* Eggs made with egg substitute or without yolks
- \* Thinly sliced ham or Canadian bacon
- \* Bagels (cut in half) served with fruit spreads, jams, hummus or low-fat cream cheese
- \* Fresh fruit (cut up and offered with low-fat yogurt dip)

### LIGHT REFRESHMENTS

- \* Whole grain crackers/granola bars (<5g fat per serving)
- \* An assortment of low-fat cheeses/whole grain crackers
- \* Baked Pita chips served with hummus
- \* Whole grain muffins (cut in half if not serving mini muffins) and whole grain breads
- \* Low-fat yogurt
- \* Pretzels, popcorn, baked chips or trail mixes
- \* Fresh sliced fruit and veggie tray with low fat dips
- \* Consider whether it is necessary to offer a morning and afternoon food break

### LUNCH AND DINNER

- \* Mustard and low-fat mayonnaise as condiments for sandwiches, or cranberry sauce if offering turkey
- \* Sandwiches presented in halves, so people can take a smaller portion
- \* Broth-based soups (using a vegetarian broth), or soups using evaporated skim milk instead of cream
- \* Pasta dishes (lasagna, pizza) with low-fat cheeses (part skim mozzarella, part skim ricotta) and extra vegetables or pasta with tomato or other vegetable-based sauces
- \* 4-ounce maximum portions of meat and plenty of low-fat, low-calorie side dishes
- \* Raw vegetables or pretzels instead of potato chips or French fries
- \* Vegetables—steamed, fresh or cooked without butter or cream sauces
- \* Salad that includes a variety of mixed salad greens and served with low-fat dressing
- \* Whole grain breads and rolls



## Physical Activity Suggestions

- \* Organize an early morning physical activity opportunity, e.g., a morning walk.
- \* If planning a walking activity, look for safe walkways with ample width and curb cuts so people who use mobility devices can participate.
- \* Encourage participants to take the stairs. Place signs near the elevators telling people where the stairs are located.
- \* Encourage networking by suggesting people take a walk together and talk about their common interests.
- \* Schedule brief activity breaks in the morning and afternoon, e.g., walking in place, stretching, or resistance band use.

