



EATWELL MEETING GUIDELINES

EatWell encourages healthy food choices by offering nutritional guidelines for catered meetings, so everyone can feel good at work!

EatWell provides Healthy Meeting food guidelines, best practices, and physical activity suggestions. The connection between food, physical activity, and health is well documented. Making simple changes to foods, drinks, and breaks offered at group and community events gives people an energy boost while removing the stress of consuming too many calories, unhealthy fats, and remaining sedentary for too long.

FOOD GUIDELINES

Healthy food can certainly taste good. Most food service professionals now have some familiarity with healthier food preparation options and are willing to accommodate requests for changes to their usual fare.

TO COMPLY: Provide at least **50%** of food offered at meetings in compliance with the below healthy criteria. Brand your meeting with EatWell healthy meeting signage.

- Serve fresh fruits and vegetables whenever possible.
- Serve small portions (e.g., cut bagels in halves or quarters).
- Serve water, unsweetened iced tea, sparkling water, or 100% fruit juice instead of soft drinks.
- Serve light desserts – fresh fruit, small brownies, small cookies, etc.
- Include a vegetarian option at all meals.
- Be mindful of those with food sensitivities and provide alternative menu options as appropriate.
- Provide low-fat milk and milk alternatives (i.e. almond milk) for coffee rather than cream or half and half.
- Provide pitchers of water.



EATWELL HEALTHY MENU SUGGESTIONS

Breakfast:

- Fresh fruit
- High-fiber, whole grain cereals or oatmeal
- Plain Greek yogurt
- Small portions of reduced sodium meats (ham, turkey bacon or sausage)
- Fruit toppings for hot and cold cereals
- Hard-boiled eggs
- Whole Grain bagels served with fruit spreads, hummus, or nut butter

Lunch and Dinner:

- Salad with a variety of mixed salad greens with oil-based dressing options
- Whole-grain breads and rolls
- Mustard and hummus as condiments for sandwiches
- Sandwiches presented in halves, enabling smaller portion options.
- Broth-based soups
- Pasta with tomato or other vegetable-based sauces
- 4-ounce maximum portions of lean meat (low-sodium if offering deli meat)
- Vegetables – fresh, steamed or without butter or cream sauce



15% of an organization's collective time is spent in meetings, a percentage that has increased every year since 2008.

