



EATWELL HEALTHY SNACK GUIDELINES

Creating a culture of workplace health and wellness is an important way to help people eat well, foster healthier work environments and cultivate social norms around healthier choices and behaviors. Therefore, if you are supplying snacks at your workplace for employees or in between workshops, meetings or events, providing healthier snacks is a great way to help improve dietary quality!

EatWell Healthy Snack Toolkit contains the following:

- Nutritional Guidelines
- Best Practices
- Shopping Recommendations
- EatWell Snack Poster
- EatWell Approved Sticker Template



TO COMPLY

- Download the Healthy Snack Nutritional Guidelines
- Provide at least 50% of snacks in compliance with EatWell Healthy Snack Nutritional Guidelines
- Post Healthy Snack Poster in breakroom or communal area
- Brand your provided snacks as EatWell compliant with EatWell approved stickers

VENDING MACHINE SNACKS

NUTRITIONAL GUIDELINES

Max 250 calories

Fewer than 250mg of sodium

Fewer than 10% saturated fat

Fewer than 8g added sugar

No added trans fat (hydrogenated oils)

*Nutritional Guidelines outlined by Wellness AtoZ Nutrition Committee

RECOMMENDATIONS

Snacks such as fruits and veggies are easy to determine as EatWell compliant, other snacks may not be so clear to determine. Below is a quick shopper's guide of popular products that are EatWell compliant.

All of these options can be purchased in individual packages and in bulk.

Lightly salted, roasted mixed nuts	Granola or protein bars, less than 8g added sugar	Peanut butter & crackers
Trail mix	Plain oatmeal	Hummus & crackers
Air-popped popcorn	Dried fruit	Tuna & crackers
Mini pretzels	String cheese	Premium quality beef jerky
Baked potato chips	Plain Greek yogurt	Dark chocolate, 70% cacao or higher





EATWELL HEALTHY SNACK GUIDELINES (CONT'D.)

The best snack offerings will include a fair share of whole foods! Whole foods are closest to their natural state, giving us more nutrients than packaged or processed foods. Half of the snack offerings should be fresh, seasonal, whole foods, locally sourced and organic when possible. This effort will go a long way towards establishing a workplace environment that supports healthier choices and sends a message that your organization values the health of its employees.

MAKE THE MOST OF WHAT IS IN SEASON!

WINTER

- Carrots
- Celery
- Clementines
- Grapefruit
- Oranges

SPRING

- Apricots
- Blackberries
- Cucumbers
- Strawberries
- Snap peas

SUMMER

- Apples
- Blueberries
- Figs
- Melons
- Plums

FALL

- Carrots
- Dates
- Pears
- Sweet peppers
- Tomatoes



GET THE BIGGEST BANG FOR YOUR BUCK!

Here are three ways to eat healthy on a budget:

1. Purchase in-season produce
2. Eat high fiber foods. They keep you fuller longer!
3. Consume whole grains—a good source of fiber!

BEVERAGE RECOMMENDATIONS

Your best bet will always be in serving water!

Water has no added caloric intake, no sugars, and helps keep you hydrated. Water can be spruced up by adding fresh fruit and/or herbs to it. If serving from pitchers, include a few “flavored” water options such as: mint, cucumber, orange, strawberry.

You can add these fresh options individually, or combine them for a delicious way to stay hydrated!

Other options include: milk (fewer than 200 calories), 100% fruit juice (or combination with water), tea or black coffee, and low-calorie beverages such as flavored sparkling water and lemonade.

