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 meets 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.
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 sodium 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
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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