

## We're on the Move!

Start now and make it easy for employees to eat healthy. Order the healthier foods and beverages at your next workplace meeting or event and enjoy!

For more Information Contact  
your Regional Nutritionist or Community Dietitian:

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Stephanie Buckle B.Sc., R.D.  
Regional Nutritionist  
Western Health  
P.O. Box 2005  
Corner Brook, NL A2H 6C7  
T: 709-637-5000 Ext. 5257  
F: 709-637-5160

Email: [stephaniebuckle@westernhealth.nl.ca](mailto:stephaniebuckle@westernhealth.nl.ca)



## Healthy Eating Guidelines for Workplace Meetings & Events



*Go Healthy*

[www.gohealthy.ca](http://www.gohealthy.ca)

## Healthy Eating Suggestions for Workplace Meetings & Events



The Workplace offers an ideal setting to promote healthy eating. By providing healthy food and beverage options at your meetings and events you ***make it easier for employees to make the healthy choice.***

This brochure offers simple and easy ideas to make your meetings productive and healthy. While these choices may not be on the menus provided, you can often negotiate with food service providers for healthier choices. Keep in mind:


- Variety is important....providing options ensures there's something for everyone!
- Portion size counts. Consider offering mini muffins or mini bagels, smaller entrée sizes and less fillings in sandwiches.
- Choose foods that are based on **Canada's Food Guide**. Aim for 3 food groups for meals and 2 food groups for snacks.
  - ◇ Vegetables and Fruit
  - ◇ Grain Products
  - ◇ Milk and Alternatives
  - ◇ Meat and Alternatives

### Beverage Suggestions

- Water- ask for tap water in jugs to be more environmentally friendly (and it costs less!)
- **100%** fruit or vegetable juices
- Skim, 1% or 2% white or chocolate milk
- Fortified soy beverages
- Coffee and tea served with skim, 1% or 2% milk



### Snack Suggestions


- Fruit- whole or cut up; fresh, frozen, canned or dried
- Raw vegetables- cut up and offered with a lower fat dressing 
- Yogurt (2% milk fat or less)
- Lower fat cheese (20% milk fat or less)- ask for 1 1/2" cubes
- Lower fat whole grain crackers
- Baked desserts- specify small portions (e.g. two bite portions)

### Breakfast Suggestions

- Fruit- whole or cut up; fresh, frozen, canned or dried
- Yogurt (2% milk fat or less)
- Whole grain cereals- hot or cold served with skim or 1% milk
- Bagels 3 1/2" diameter or less- request a variety of whole grain options
- Muffins small, mini or cut in half- request a variety of lower fat, whole grain and fruit options
- Nut butters (e.g. peanut or almond) or hard boiled eggs for a protein source



### Sandwich Suggestions

- Choose whole grain breads, pitas, wraps or buns
- Choose only lean meats (e.g. roasted versions of beef, chicken, turkey or ham)
- Always include a vegetarian option 
- Include a selection of lower fat cheese (20% milk fat or less)
- Ask for sandwiches with little or no mayo, butter or margarine. Offer mustard, chutney or relish instead.
- Offer toppings of shredded lettuce, mixed greens, chopped tomatoes or sliced peppers