

Guidelines for Healthy Meetings



Introduction

GFPS is committed to supporting our employees' healthy lifestyles. The connection between food, physical activity and health are well documented. Offering healthy choices at meetings and other events can make it easier for people to eat healthy foods and be physically active. Making simple changes to foods, drinks and breaks offered at group and community events gives GFPS employees and community members disease-fighting foods and an energy boost without worries about too many calories, too much unhealthy fat, or too much sedentary time.

General Food Guidelines

Healthy food certainly can taste good. Here are some general suggestions:

- Serve low-calorie and low-fat foods.
- Serve fruits and vegetables whenever possible.
- Serve small portions (e.g., cut bagels in halves or quarters, etc.).
- Serve milk (fat-free or 1%), 100% fruit or vegetable juice, water or iced tea (unsweetened) instead of soft drinks.
- Lunch and dinner don't have to include a heavy dessert – fresh fruit, a fruit crisp or cobbler, small cookies, etc. are fine options.
- Provide reduced-fat or low-fat milk for coffee rather than cream or half and half (evaporated skim milk also works well for coffee - make sure it's not sweetened condensed milk).
- Provide pitchers of water.

General Activity Guidelines

Providing participants with physical activity breaks at meetings and events will help them stay alert and focused. Be sure to include physical activity breaks in the agenda. Choose a location where participants can easily and safely take a walk. Consider a casual dress code for the meeting - this allows people to participate in physical activities more easily. Schedule brief activity breaks in the a.m. and p.m. Have participants stand up and walk in place or have someone lead a stretching break. People will be better able to pay attention to the rest of the meeting. Encourage networking by suggesting the people take a walk together and talk about the meeting topics. Encourage participants to take the stairs if available.

See Reverse Side for Menu Suggestions

THANK YOU FOR SUPPORTING THE GFPS CULTURE OF WELLNESS!



MENU SUGGESTIONS

BREAKFAST

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

LIGHT REFRESHMENTS

Consider whether it is necessary to offer a morning and afternoon food break.

- Fresh sliced fruit and vegetable tray – offered with low-fat dips
- Whole grain crackers or granola bars (5g fat or less per serving)
- An assortment of low-fat cheeses and 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
- Trail mixes

LUNCH AND DINNER

- Salad that includes a variety of mixed salad greens and served with low-fat dressing
- Whole grain breads and rolls
- Mustard and low-fat mayonnaise as condiments for sandwiches, or cranberry sauce if you're 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.



"More than an Apple a Day"