

For more information visit:

**Iowa State University—
Woodbury County Extension**

<http://www.extension.iastate.edu/woodbury/>

Live Healthy Iowa

<http://www.livehealthyiowa.org>

**New York State Department of
Health Center for Community
Health: Guidelines for Healthy
Meetings**

<http://www.health.state.ny.us/nysdoh/prevent/docs/guidelines.pdf>

The Wellness Council of Iowa

<http://www.wellnessiowa.org>

**University of MN School of Public
Health: Guidelines for Offering
Healthy Foods at Meetings, Semi-
nars, and Catered Events.**

http://www.sph.umn.edu/img/assets/9103/Nutrition_Guide.pdf

For more information on
Eat Smart Be Active or
Live Healthy Siouland
contact Kevin Grieme, Siouland
District Health Department at:
KGrieme@sioux-city.org or
712-234-3905.

Food for Healthy Meetings



Provided by:



Adopted from New York State Department of
Health Center for Community Health Guidelines
for Healthy Meetings



... a community wide campaign
to encourage healthy eating and
physical activity.

Introduction:

Employers, community groups and faith communities can make it easier for people to make healthy food choices by providing healthy food at meetings and other events they sponsor. Most caterers would be willing to accommodate your requests for healthier food options or smaller portion sizes.

The following suggestions could be requested:

General Guidelines:

- Serve low-calorie and low-fat foods
- Serve fruits and vegetables whenever possible
- Serve small portions (e. g. cut bagels in halves or quarters)
- Use small serving utensils and smaller plates
- Serve milk (fat-free or 1%), 100% fruit or vegetable juice, water or iced tea (unsweetened) instead of soft drinks
- Lunch and dinner doesn't have to include a heavy dessert - fresh fruit, a fruit crisp or cobbler, small cookies, etc. are just fine
- Include a vegetarian option at all meals
- Provide reduced-fat or low-fat milk or evaporated skim milk for coffee rather than cream or half and half
- Ask your food service professionals about healthier food preparation options
- Provide pitchers or bottles of water
- Consider planning meetings without offering food



Food Suggestions for Breakfast:

- Fresh fruit -whole or cut up (with or without a yogurt dip)
- Low-fat breakfast burrito
- Non-fat yogurt, no sugar added
- Hard boiled eggs
- Mini bagels with low-fat cream cheese or jams (lower in fat and calories than cream cheese). Cut larger bagels in halves or quarters
- Small muffins (2-1/2" or smaller) - bran, oatmeal, or multi-grain (large muffins can be cut into smaller portions sizes)
- Quick breads (such as oatmeal, banana, pumpkin) cut into small pieces
- Whole grain toast or English muffins
- Offer low-fat cheese or cream cheese, peanut butter, jam or jelly
- Low-fat granola
- Yogurt parfait (yogurt, granola, fruit chunks)
- 100% fruit or vegetable juice (4-6 oz portions)
- Water—bottled or pitcher, plain, sparkling or flavored sparkling with no added sugar
- Decaf tea and coffee—served with non-fat or 1% milk



Food Suggestions for Breaks (morning & afternoon):

- Mini bagels with low-fat cream cheese or jams (lower in fat and calories than cream cheese). Cut larger bagels in halves or quarters
- Fresh fruit - whole or cut up (with or without a yogurt dip)
- Whole grain muffins (cut in quarters/half if not serving mini muffins) and whole grain breads instead of croissants, doughnuts, or sweet rolls
- Non-fat yogurt, no sugar added
- Pretzels, hot pretzels (cut in pieces) with mustard
- Lightly seasoned popcorn
- Graham crackers, fig newtons
- Dried fruit or trail mix
- Whole grain, low-fat crackers
- 100 calorie snack packs

Food Suggestions for Lunch/ Dinner:

- Include whole grain breads and rolls
- Use low-fat salad dressings and offer them on the side
- Include low-fat mayonnaise and mustard as a condiment for sandwiches, or cranberry sauce if you're offering turkey
- Use a combination of low-fat mayonnaise and plain yogurt for potato salads, etc., and dress such salads lightly
- Sandwiches—cut in half so people can take a smaller portion
- Broth-based soups (using a vegetarian broth), or cream soups using evaporated skim milk instead of cream
- Pasta dishes (lasagna, pizza) with low-fat cheeses (part skim mozzarella, part skim ricotta) or pasta with tomato or other vegetable-based sauces
- Limit meat servings to a 4-ounce portion and provide plenty of low-fat, low-calorie side dishes
- Serve at least two vegetables with each meal. Avoid butter or cream sauces
- Avoid fried foods
- Provide raw vegetables or pretzels instead of potato chips or french fries
- Include fresh fruit or fruit salad as dessert

