



Shape Up *Your* Workplace

A Monthly Series brought to you by Get Healthy CT

Workplace Wellness Idea #2: Healthy Meeting Menus

Get Healthy CT aims to provide businesses with ideas that will facilitate healthy behaviors of their employees to improve employee satisfaction, productivity and showcase the employer as a role model for health. To support this, we will provide a “Workplace Wellness Idea” each month that employers can implement at low or no cost.

Healthy Meeting Menus: Many businesses serve food to their employees or customers at company-sponsored meetings or events. Businesses that do this can foster healthier eating practices by offering healthy food choices. This includes ensuring that healthy food options, such as fruits, vegetables, lean proteins, and water or low calorie beverages, are offered when food is served. They can also employ healthier cooking options and implement smaller portion sizes.

Here are some suggestions for how to host healthier meetings in your workplace:

- Replace sugar-sweetened beverages with water, water flavored with fresh fruit, seltzers, coffee, tea and unsweetened iced tea
- Offer fresh fruits and vegetables every time food is served
- Always serve whole-grain options and fat free or low-fat dairy options
- Offer reasonable portion sizes: (9”) plates and bowls, sandwiches, bagels, and muffins cut in half

Suggested food options for your healthier meetings are on the next page.

If you want more information on how to implement healthier meetings, please visit GetHealthyCT.org, the [Healthy Meeting Toolkit](#), or e-mail gethealthyct@gmail.com.

Let's work together to help make the healthy choice the easy choice in the workplace!



Breakfast

- Pitchers of water, 100% fruit juice, coffee and tea (with skim or 1% milk)
- Fresh fruit (slices or chopped fruit salad)
- Low or non-fat yogurt with low-fat granola
- Hard-boiled eggs
- Fiber-rich whole grain bread, small whole grain bagels, whole grain English muffins
- Spreads: peanut or other nut butters, low fat cream cheese



Snacks

First, consider if it is necessary to serve snacks at your meeting. If it is, then serve:

- Pitchers of water, 100% fruit juice, unsweetened iced tea, coffee and tea (with skim or 1% milk)
- Small amounts of whole-grain chips, crackers, pretzels, cereal bars
- Sliced vegetables and low-fat dip
- Fresh fruit (slices or chopped fruit salad)
- Salsa or hummus
- Low-fat cheese and crackers



Lunch

- Pitchers of water, 100% fruit juice, unsweetened iced tea, coffee and tea (with skim or 1% milk)
- Salads of mixed greens tossed with vegetables, fruit, protein such as sliced turkey or chicken, tuna, egg, tofu or beans with low fat dressing on the side
- Sandwiches on whole-grain bread or wraps with lean protein such as sliced turkey or chicken, tuna, egg, tofu and sliced vegetables (lettuce, spinach, tomato, peppers, cucumber, avocado...)
 - Try to replace cheese with hummus or added vegetables
 - Place mustard, light mayonnaise, olive oil, and other condiments on the side
 - Cut sandwiches or wraps in half or in quarters
- Small amounts of whole-grain chips, crackers, pretzels, cereal bars
- Low or non-fat yogurt
- Sliced vegetables and low-fat dip
- Fresh fruit (slices or chopped fruit salad) for dessert