



Shape Up *Your* Workplace

A Monthly Series brought to you by Get Healthy CT

Workplace Wellness Idea #10: Host a Healthy Potluck

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.

Host a Healthy Potluck: Encourage your employees to cook and eat healthy foods by hosting a healthy potluck. A potluck meal where everyone contributes a dish is a great social activity to build teamwork and morale, and having it focus on healthy foods is an easy way to encourage people to try a variety of new, healthy foods.

The healthiest foods to use in cooking are foods that come in their most natural form with limited processing. Specific foods include:

- Whole fruits and vegetables
- Whole grains like whole wheat flour, quinoa, brown rice, whole wheat pasta, oatmeal
- Nuts, dried fruit, seeds or popcorn
- Low fat or fat free milk, unsweetened nonfat yogurt, eggs and low fat cheese
- Plain or fruit flavored water, coffee, tea or 100% juice (orange, apple, grape, grapefruit)
- Unhealthy foods that should be discouraged include any refined grains like white rice or flour, heavy creams, margarine with trans fats, many desserts and baked goods, such as cakes, cookies, donuts, pastries, and croissants, deep fried foods or fast foods, or any item that comes out of a box, can, bag, bottle or package that has more than 5 ingredients

Instructions for how to host a healthy potluck can be found on the next page.

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

For more helpful tips and local resources, please visit GetHealthyCT.org

How to Host a Potluck:

- Select a date, time and location for the potluck.
- Post a sign-up sheet with different categories on it such as salad, appetizer, entrées and healthy desserts with healthy eating guidelines posted on the top of it. You can set limits for calories, fat, carbs, sodium, etc., and have employees check their recipes with the recipe generator to find out how many calories, fat, carbs and protein there is: <http://recipes.sparkpeople.com/recipe-calculator.asp>.
- Get Healthy CT has links to a variety of recipe sites including a farmers' market recipe generator, ethnic recipes and a SNAP cookbook for low cost, healthy meal ideas. Find healthy recipes here: <http://gethealthyct.org/get-healthy-food/>.
- On the day of the potluck, have employees bring in the dish as well as copies of the recipe they used to share with other employees.

Step up Your Potluck with these Additional Ideas:

- Take pictures of each entrée and share them through employee communication vehicles, such as your employee newsletter, company website or social media page.
- Start an on-line recipe exchange or company cookbook with all of the healthy recipes.
- Make it a “lunch and learn” and have a nutritionist or health coach come in to give a talk on healthy living during the potluck.

MyPlate

Fruits
1½-2 cups each day
Make half your plate fruits and vegetables

1 cup fruit =
1 cup berries (raspberries, strawberries, blueberries)
1 medium pear
1 cup canned fruit in fruit juice
1 cup diced cantaloupe or watermelon
¼ cup dried fruit (raisins, blueberries, cranberries)
1 cup 100% juice

Vegetables
2-3 cups each day
Make half your plate fruits and vegetables

1 cup vegetables =
1 cup broccoli
2 cups spinach salad
1 cup carrots
1 cup beans or peas
1 cup tomatoes
1 cup vegetable juice

Grains
5-8 ounces each day
Make at least half your grains whole grains

1 ounce grains =
1 small (6" diameter) corn or flour tortilla
1 slice whole wheat bread
½ cup cooked pasta, brown rice, or cooked cereal
1 cup ready-to-eat breakfast cereal
5 whole-grain crackers

Dairy
3 cups each day
Switch to fat-free or low-fat (1%) milk

1 cup dairy =
1 cup low-fat yogurt
1 ½ ounces low-fat Cheddar or string cheese
1 cup fat-free or low-fat milk (flavored or unflavored)
2 cups low-fat cottage cheese
1 cup calcium-fortified soy beverage*

Protein
5-6½ ounces each day
Go lean with protein

1 ounce protein =
1 ounce cooked lean meat, poultry, or fish
¼ cup cooked dry beans
1 large egg
1 tablespoon nut butter
½ ounce nuts
¼ cup tofu

More
Fruits and Vegetables
Whole Grains
Fat-free or Low-fat Dairy
Healthy Oils
Lean Protein such as seafood and legumes

Less
Salt
Saturated Fats
Solid and Trans Fats
Added Sugars
Fast Food
Processed Grains

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Got Questions?
Call 1-800-241-MILK (6455)
WWW.UDIM.ORG

*Calcium-fortified plant beverages provide calcium but may not provide the other nutrients found in dairy products.