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](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/](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.