



Shape Up Your Workplace

A monthly series brought to you by Get Healthy CT

Workplace Wellness Idea #23: Pack Healthy Lunches

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.

Encouraging employees to pack healthy lunches is one way to encourage healthy eating in the workplace, as well as help save them money. Here are some healthy lunch ideas that are easy to pack for the work week:

- ✓ Salads of mixed greens tossed with vegetables, fruit and protein (such as sliced turkey or chicken, tuna, egg, tofu or beans) with low fat dressing on the side. See next page for an easy way to bring a salad to work.
- ✓ Sandwiches on whole-grain bread or wraps with lean protein such as sliced turkey or chicken, tuna, egg, tofu and sliced vegetables. Instead of cheese, use hummus or added vegetables.
- ✓ 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
- ✓ Water, 100% fruit juice, unsweetened iced tea, coffee and tea (with skim or 1% milk)

Tips for Eating a Prepared Lunch at the Workplace

Watch what you eat – By paying attention to what you are putting into your mouth, you are more likely to make healthier food choices.

Disinfect your desk – Wipe your whole desk area once a day. Avoid touching your phone, keyboard, and mouse while you’re eating. Keep some hand sanitizer on your desk too.

Use a placemat – Give yourself some extra protection after you wipe-down your desk.

Eat with a friend – Invite an officemate over to eat with you. Taking that break and interacting is important from a productivity and creativity standpoint.

DON’T FORGET to walk when you can – Eating your lunch at your desk requires less energy, so don’t forget to get up and take a walk or have your lunch outdoors.

Source: www.WebMD.com

Healthy Lunch Idea: Salads in a Jar

Salads are a healthy lunch option and they're an easy way to fit more fruits and vegetables to your diet. Mason jar salads are a new trend for a portable way to have a healthy and effortless lunch. You can prepare salads in large batches on the weekend to help get you through the entire workweek, without having to chop and assemble all of your ingredients every day! In addition to different types of lettuce greens, make sure your salad has a variety of ingredients from different food groups. Examples include:

Vegetables	Fruit	Protein	Grain	Dressing Options
Asparagus	Grape Tomatoes	Meat	Barley	Olive Oil and
Broccoli	Avocados	Poultry	Bulgur	Vinegar
Cabbage	Apples	Fish	Corn	Vinaigrette
Carrots	Grapes	Hard-boiled Eggs	Couscous	- Balsamic
Celery	Pears	Beans	Whole-Wheat Pasta	- Pomegranate
Cucumbers	Strawberries	Grains	Quinoa	- Orange
Green peas	Dried fruit	Seeds and nuts	Rice (black, brown, red, wild, mixed)	- Cider
Mushrooms	- Raisins	Cheese with less fat and sodium		- Lemon
Onions	- Cranberries	- Mozzarella		Make Your Own
Peppers	- Cherries	- Swiss		
Radishes	- Apricots	Hummus		
Spinach				
Zucchini				

Healthful Tip:

Bottled salad dressings can add extra calories, and often contain large amounts of trans-fat, sugar, preservatives and artificial flavors. Check the labels or try making your own.

How to Pack a Perfect Mason Jar Salad

Start with the heavy and most non-absorbent ingredients, like the dressing on the bottom and work your way up with lighter ingredients.

Try the order below and explore your favorite ingredient combinations!

- Salad dressing: 1 to 4 tablespoons in the bottom
- Hard chopped vegetables: carrots, celery and peppers
- Beans, grains & pasta
- Softer vegetables & fruits
- Proteins, nuts and seeds
- Salad greens: Fill the rest of the jar with salad greens.
- Finally, screw the lid on the jar and refrigerate for up to 5 days

Tip: Wait to add any soft or perishable ingredients to the top until the day you plan to eat. **Source:** www.thekitchn.com

Search for salad dressing recipes at: www.eatingwell.com

More lunch recipes at: www.choosemyplate.gov



For more information, please visit GetHealthyCT.org

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