

Healthy Eating Guidelines for Community Meetings & Events

Community gatherings offer an ideal setting to promote healthy eating. By providing healthy food and beverage options at your meetings and events you ***make it easier for everyone to make healthy choices.***

While these choices may not be the traditional or usual items served, it does promote healthy eating by example and may provide opportunity for some community members to try new foods or to have access to foods they normally would not have.

When choosing foods keep in mind:

- Variety is important. Providing options ensures there's something for everyone.
- Portion size counts. Consider offering smaller portions such as mini muffins, mini bagels or smaller entrée sizes.
- Choose foods that are based on **Canada's Food Guide**. Aim for 4 food groups for meals and 2 food groups for snacks. Food groups include Vegetables and Fruit, Grain Products, Milk and Alternatives, Meat and Alternatives.



Healthy Snack Suggestions

- Fruit, whole or cut up; fresh, frozen, canned or dried
- Raw vegetables- cut up and offered with a lower fat dressing or hummus
- Whole grain products such as bread, rolls, pita, tortilla, bagels, English muffin, crackers, or cereal
- Popcorn (air popped or low fat)
- Whole grain cereal or granola bars (not dipped)
- Muffins- whole grain small or mini sized
- Yogurt or yogurt tubes
- Milk pudding
- Hard cheese or cheese strings
- Nuts or nut butters
- Hummus dip



Healthy Dinner and Banquet Suggestions

- Sandwiches, wraps or pita's made with whole grains
 - Fill with non-processed meats such as cooked chicken, beef, pork, turkey, tuna, eggs, or just vegetables
 - Offer toppings of shredded lettuce, tomato, onion, sliced peppers, cucumber, pineapple, etc.
- Homemade soup
- Vegetable stir-fry
- Whole grain pasta with tomato sauce
- Meat or vegetarian chili
- Hot roasted meat and vegetables dinner
- Pizza, preferably on whole grain crust
 - Skip the processed meats such as pepperoni, salami and bacon.
 - Choose toppings such as chicken, ham or lean ground beef, peppers, pineapple, onion, mushrooms, fresh tomato, broccoli, spinach, and cheese.



Beverage Suggestions

- Water. Try it infused with fruit pieces such as lemon, lime berries or even herbs like mint. Try using tap water in jugs to be more environmentally friendly
- **100%** fruit or vegetable juice (not punch, ade, or crystals), but keep portions small as a Canada's Food Guide serving is only ½ cup!
- White or chocolate milk
- Coffee and tea (for adult groups) and offer a decaf choice as well

The Central Wellness Coalition promotes healthier lifestyles which includes healthy eating, therefore at CRWC sponsored events we ask that unhealthy food choices are not served. If approval is given by the CRWC to purchase foods we **will not** reimburse for any items such as soda pop (including diet), sport and energy drinks, fruit punch or kool-aid type drinks, slushie drinks, regular potato chips, chocolate bars or other high fat/sugar foods. This also includes highly processed foods like hot dogs, pepperoni, salami, bologna, and many readymade tinned and packaged foods. If you have questions about suitable food choices you can contact your Public Health Nurse or the Regional Nutritionist, Jill Wheaton (see contact info below).

For more information, please contact: CWC
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