

# Healthy Eating Guidelines for meetings and 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 options may not be the traditional or usual items served, they do promote healthy eating by example. They may also 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 helps ensure there's something for everyone.

Choose foods that are based on **Canada's Food Guide.** Visit [canada.ca/foodguide](http://canada.ca/foodguide) for more information.

**Aim to offer vegetables and/or fruits with every snack or meal provided.**



FRESH

FROZEN

CANNÉD

All Good Options!

## Healthy Beverage Suggestions

- Water. Try it infused with fruit pieces such as lemon, lime, berries or even herbs like mint. Use tap water in jugs to be more environmentally friendly.
- Milk - lower fat, unsweetened.
- Plant-based beverages, such as fortified soy beverage - unsweetened.
- Coffee and tea (for adult groups), offer a decaf choice as well.



## Healthy Snack Suggestions

- Vegetables and/or fruits. Serve it whole or cut up; fresh, frozen and canned are all good options!
- Whole grain foods such as bread, rolls, pitas, tortillas, bagels, English muffins, crackers, cereal, muffins.
- Popcorn - air popped.
- Cereal or granola bars - choose whole grain and not dipped.
- Yogurt - lower fat, unsweetened.
- Cheese - lower fat, lower sodium.
- Nuts (unsalted) or nut butters.
- Hummus dip.



# Healthy Dinner and Banquet Suggestions

- Sandwiches, wraps or pitas made with whole grains.
  - Fill with non-processed protein foods such as cooked chicken, beef, pork, turkey, tuna, eggs or plant-based protein foods such as beans, chick peas, hummus, peanut butter, etc.
  - Offer toppings of shredded lettuce, tomato, onion, sliced peppers, cucumber, pineapple, etc.
- Homemade soup with whole grain roll.
- Meat or vegetarian chili with whole grain roll.
- Hot roasted meat and vegetables dinner.
- Stir-fry with brown rice.
- Whole grain pasta with tomato sauce and lean ground meat, and salad.
- Pizza, on whole grain crust.
  - Skip the processed meats such as pepperoni, salami and bacon.
  - Choose toppings such as chicken, turkey or lean ground beef, peppers, pineapple, onion, mushrooms, fresh tomato, broccoli, spinach, and lower fat, lower sodium cheese.



The Central Wellness Coalition (CWC) promotes healthier lifestyles which include healthy eating, therefore at CWC-sponsored events we ask the organizers not to serve unhealthy food choices. If approval is given by the CWC to purchase foods we **will not** reimburse for items such as soda pop (including diet), sports and energy drinks, 100% fruit juice, fruit drinks, punch, slushie drinks, chocolate or other sweetened milk, regular potato chips, chocolate bars or other foods high in saturated fat, sugar and/or sodium. This includes highly processed foods like hot dogs, pepperoni, salami, bologna, and many take-out or ready-to-eat packaged foods.

If you have questions about suitable food choices you can contact your Public Health Nurse, or Regional Nutritionist Jill Wheaton (see contact information below).

For more information, please contact:  
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