

Healthy Meeting Checklist

To ensure your meeting promotes good health to all participants, review the following:

Have you included enough variety of food choices throughout each meeting day?

Have you incorporated some form of physical activity into the meeting?

Are fresh fruits and vegetables included with each meal and snack?

Will meals include whole-grain breads, cereals, rice and pasta?

Are there options for people who don't eat meat?

Did you ask that food be prepared with low-fat ingredients and by low-calorie methods?

Will low-fat and low food options be provided?

Have you asked that sauces, dressings, and condiments be served on the side?

Have you asked for small portions sizes of foods like bagels, muffins, cookies, etc.?

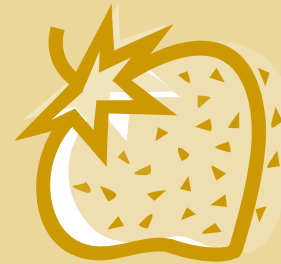
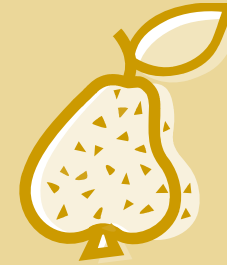
Did you ask about any special dietary needs participants may have?

For more information visit the Meeting Well section of the American Cancer Society at www.cancer.org or call 1-800-ACS-2345

Placing orders two weeks in advance ensures quality service

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Delta College Food Services



Meeting Well

Healthy Food Options for Meetings and Conferences



Meeting Well

Healthy food options for meetings and conferences

Breakfast

Fruit and yogurt parfait

Mini pastry tray and bagels with assorted fruit spreads and low fat cream cheese

Seasonal fruit bowl or whole fruit

Low-fat cheese and whole wheat crackers

Tortilla chips and salsa

Popcorn and assorted nuts

Raw vegetables with dip

Hummus and pita bread

Spinach dip made with low-fat mayo

Beverages

Assorted hot tea including a variety of green tea

Coffee with skim milk

100% fruit and vegetable juices

Desserts

Offer fruit or fruit based desserts such as fruit pies or cobblers

Pudding parfaits made with fat free milk

Fruit kabobs and brownies

Oatmeal raisin cookies or fig bars

When you are hosting a long meeting be sure to give the participants a break and encourage them to move. Some easy to do suggestions are:

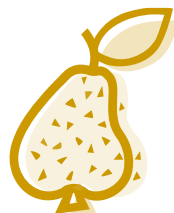
Recommend participants to take the stairs instead of the elevator

Organize a walking group in the morning or when you break for lunch or dinner

Arrange for an early morning fitness class

Encourage people to walk during meeting breaks

If possible, walk to lunch or dinner



Lunch and Dinner

Select a tomato base or pesto instead of cream sauces on pasta

When choosing soup, offer a broth based soup instead of cream soups

Turkey sandwiches on whole-grain bread

Vegetable pizza

Chicken salad made with low-fat mayonnaise and chopped apples or grapes stuffed in pita bread

Make your own chicken taco salad with assorted vegetables

Vegetarian lasagna made with reduced fat cheese

Chicken or vegetable stir fry with steamed rice

Baked or grilled fish

Entrée salads such as chef, Cobb, or grilled chicken breast salad

Salads and Side Dishes

Garden salad with assorted dressings including fat free or reduced calorie

Spinach salad with mandarin oranges and toasted almonds

Tomato salad with artichoke hearts, onion, black olives, mint and oregano

Three bean salad

Low-fat cottage cheese

Pasta salad made with low-fat dressing

Rice or couscous with dried fruit and or vegetables

Smashed red skin potatoes

Assorted steamed vegetables

