



# Meet Well

## *Healthy Eating and Physical Activity Guidelines for Meetings, Conferences and Events*

### ***Planning to Eat Well***

The food eaten at work can represent a large part of employees' total calories and nutrition for the week – so it makes good sense to offer healthy choices.

Healthy habits contribute to increased productivity, higher employee morale and improved well-being. Planning healthier foods and activity breaks for longer meetings helps keep energy levels up. Workplace wellness benefits everyone!

This information sheet offers simple and easy strategies to make your meetings productive and healthy. Follow these guidelines for longer meetings, conferences and events.

- Offer nutritious and tasty foods and beverages.
- Offer physical activity breaks at meetings that are over 2 hours.
- Note on your agenda if refreshments will be served and physical activities are planned.
- Identify employees with allergies, who are vegetarian or have allergies to nuts, eggs and dairy foods to plan alternatives.
- Consider having a meeting while you walk.
- Schedule regular breaks to move about and enough time to enjoy lunch without working.
- Follow safe food handling practices – see [www.foodsafe.bc.ca](http://www.foodsafe.bc.ca).

### ***Feature Fruit and Vegetable***

- Serve washed and ready to eat vegetables and/or fruit.
- Feature fruit in salads and kabobs for snacks and dessert.
- Include vegetables in salads, sandwiches, wraps, pastas, pizzas and soups.
- Add grilled or roasted vegetables or fruit to sandwiches.
- Offer dried fruit and vegetable bars or fruit cups.
- Offer at least one vegetable for meals or salads (with dressings on the side).
- Provide vegetable of 100% fruit juices.

Only one-third of British Columbians eat the recommended minimum of five servings of fruit and vegetables each day. Eating the recommended servings helps to maintain good health and energy levels, offer protection against the effect of aging and reduces the risk of chronic disease.





### ***Serve Lower Fat Milk and Fibre-Rich Products***

- Serve 1% milk with tea and coffee; and skim or 1% milk as a beverage.
- Offer skim or 1% yogurt or cheese (less than 20% MF).
- Serve bagels, wraps, bars, muffins and crackers that contain whole or sprouted grain. Check the label, whole grains should be first on the ingredient list.
- Offer brown rice and whole grain pasta hot or in salads or wraps.
- Choose packaged grain products with at least 2 grams of fibre per 30 gram serving.

Only 25% of BC adults choose enough milk products each day. And most adults eat only about half of the fibre they need. Whole grain products, vegetables, fruits and legumes are all sources of fibre.

### ***Make Choices to Optimize Nutrition***

- To enhance participants alertness:
- Limit portion sizes to prevent overeating.
- Include protein –rich foods (low fat milk products, meat, fish, eggs, nuts, legumes) at meals.
- Serve caffeine-free beverages such as milk, herbal teas, water, 100% fruit and vegetable juice.
- Have three food groups at meals and two at snacks. For more information on food groups, visit Canada’s Guide to Healthy Eating at [www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html).

To reduce added fats, salt and/or sugar

- Serve fresh rather than processed choices.
- Use low fat dip for vegetables.
- Request baked goods made without trans fats (hydrogenated fats).
- Request condiments (margarine, butter, mayonnaise, and dressings) on the side.
- Select foods that are broiled, baked grilled or steamed rather than fried.
- Choose tomato-based sauces rather than butter, cream or cheese sauces.

### ***Eat Fresh, Eat Local***

- Serve locally grown and produced foods often.
- Locally grown and produced foods are fresher and less expensive when they are in season. Choosing locally supports local farmers and producers and reduces shipping costs and environmental impact.

