



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
- 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 cooked chicken, fish, beef, pork, turkey, ham, 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
- Pizza, preferably on whole grain crust
 - Choose topics such as chicken, ham or lean ground beef, peppers, pineapple, onion, mushrooms, fresh tomato, broccoli, spinach, and cheese
- Hot roasted meat and vegetables dinner



Beverage Suggestions



- Water. Try using tap water in jugs to be more environmentally friendly
- **100%** fruit or vegetable juice (not punch, ade, or crystals)
- White or chocolate milk
- Coffee and tea (for adult groups) and offer a decaf choice as well

The Central Regional Wellness Coalition promotes healthier lifestyles which includes healthy eating, therefore at sponsored events we ask that unhealthy food choices 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 **not be served**.



Please use the suggestions above, or refer to the Brand Name Food List at <http://www.livinghealthyschools.com> for examples of healthy food choices. This website also contains information about the Eat Great and Participate Program that the CRWC supports.

For more information, please contact: CRWC at (709) 489-8150
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