

## Guidelines for Healthy Meetings, Gatherings, & Events



In October 2011, Minneapolis City Council passed a healthy food policy aimed at creating and fostering an environment where all employees, visitors, and partners will have access to healthy foods. Therefore, all meetings and events in which City funds are used to purchase food must include healthy options. Please follow as many of the criteria below to ensure that healthy options are available.

### Healthy options include:

- *Items with lower amounts of fat, salt, and sugar whenever possible. Examples include steamed, baked or roasted chicken instead of deep-fried.*
- *Fruit or vegetables. Examples include fresh or dried fruit (such as apples, raisins or 100% fruit juice) and fresh vegetables.*
- *Whole grain products. Examples include low-fat, whole wheat crackers, bread, tortillas and pasta; whole grain cereals, low fat baked tortilla chips, whole wheat pita bread.*
- *Vegetarian and gluten free options.*
- *Nonfat (skim) or 1% milk, 100% vegetable or fruit juice and water instead of soft-drinks or other sugar sweetened beverages.*
- *When half-and-half or whole milk are provided for coffee, a low-fat alternative such as milk will also be provided.*
- *Avoid/limit foods that are high in salt, sugar or saturated and trans fats.*

### In addition, whenever possible:

- *Caterers/vendors used for functions should provide a variety of healthy food choices, which may include offering meals designed as low-fat, small portion-sized entrées and fresh fruit and vegetables.*
- *Employees using their own funds for department events or celebrations are highly encouraged, but not required, to follow these guidelines.*

# Quick Tips for Healthy Meetings, Gatherings, & Events



## Food Suggestions for Breakfast/Snacks:

- Bagels cut in halves or quarters with low fat cream cheese or jams
- Fresh fruit, whole or cut up
- Whole grain muffins, mini or cut in halves or quarters
- Low fat yogurt
- Pretzels
- Lightly seasoned popcorn
- Graham crackers, fig newtons
- Dried fruit or trail mix
- Raw vegetables with low fat dip, hummus or salsa

## Food Suggestions for Lunch/Dinner:

- Half-sized sandwiches made with whole grain breads
- Platters of fresh vegetables with low-fat dip
- Raw vegetables or pretzels instead of potato chips or fries
- Fresh fruit or fruit salad as a dessert
- Low-fat mayonnaise and/or salad dressings offered on the side
- Broth-based soups
- Food items that are not fried
- Thin crust, vegetarian pizza with healthy side dishes

## General Nutrition Resources

- USDA My Pyramid - <http://www.mypyramid.gov>
- American Dietetic Assoc., Food & Nutrition Information – <http://www.eatright.org/Public/>
- National Cancer Institute 5 A Day - Protect your health by eating more fruits and vegetables. <http://www.5aday.gov>
- Diet and Lifestyle Recommendations from the American Heart Association. <http://www.americanheart.org/presenter.jhtml?identifier=851>
- Dietary Guidelines for Americans: <http://www.health.gov/DietaryGuidelines/default.htm>
- Eat Well Work Well: <http://eatwellworkwell.com/>



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