



Healthy Food and Beverage Choices at Events

The Western Regional Wellness Coalition supports communities and organizations in their efforts to be healthy. These nutrition guidelines will help in providing healthy food and beverages during Western Regional Wellness Coalition sponsored events.

General Guidelines:

- Serve fruits and vegetables whenever possible
- Serve small portions (e.g. cut bagels in halves or quarters, etc)
- Include a vegetarian option at all meals
- Follow safe food handling practices when serving food. (see pamphlet, attached)
- To help reduce waste and help improve our environment, use reusable dishes, mugs, and cutlery.

Suggestions to increase fruit and vegetable servings:

- Fruit platters with low-fat yogurt dip
- Fruit basket with whole pieces of fruit
- Vegetable platters with low-fat dips
- Dried fruit (raisins, apricots, banana, apple, pineapple)
- Fruit salad as a dessert
- Offer at least one vegetable for meals
- Salads (with dressing available on the side)
- Fruit smoothies with a variety of seasonal fruits
- 100% fruit and/or vegetable juice- unsweetened
- Vegetables in sandwiches, wraps, salads, pasta or soups

Here are some examples of healthy food and beverage options for events/initiatives:

Beverages:

- Water
- 100% fruit or vegetable juices - unsweetened
- Milk, white, 2% or less Milk Fat (M.F.)
- Coffee – regular and decaf
- Tea – regular and decaf

Snacks:

- Fresh fruit, fruit that is canned in juice, or dried fruit
- Raw vegetables with low fat dressing, salsa, or bean dip.
- Yogurt, 2% or less M.F.
- Cheese - Hard, partially-skimmed
- Pretzels or air-popped popcorn
- Crackers - whole grain and baked. (Wheat Thins, Triscuits, Whole Wheat Melba Rounds)
- Muffins – whole grain, low fat, small to medium size
- Cereal or granola bars (not dipped)

Breakfast:

- Whole grain breads and fruit breads, bagels, or English muffins. Whole grain can be whole wheat, multi-grain, flax, etc. Use small bagels or cut them in half. To top:
 - Use small amounts of margarine or butter
 - Cream cheese (low fat), fruit spreads, jam or jelly
 - Peanut butter, if no allergies
 - Cheese, hard, partially-skimmed
- Cereal. Check label and choose cereals that have 6 grams or less in sugar and at 2 grams or more for fiber per serving.
- We encourage fruit with breakfast. Fresh fruit or dried fruit can be served on the side or on top of cereal.
- Yogurt, 2% or less Milk Fat (M.F.)

Lunch/Dinner:

- Soups – homemade with vegetables, or lower fat, lower salt canned versions
- Sandwiches:
 - Whole grain breads or tortilla shells
 - Lean meats such as chicken, turkey, beef, or tuna or salmon, canned in water
 - Light mayonnaise. Use less in egg, tuna, or chicken salad sandwiches.
 - Include vegetables like lettuce, tomato, cucumber and a small amount of cheese.
- Salads made with pasta, beans, and/or raw or cooked vegetables
 - Use light salad dressings served on the side
- Breads or rolls – whole grain
- Cooked meals:
 - Lean fish and meats that are baked, grilled, roasted, steamed, or stir-fried
 - Offer at least two vegetables, fresh or cooked, without butter or cream sauce
 - Low fat gravy to be served on the side
- Dessert ideas: fresh fruit with low-fat yogurt dip, angel food cake with fruit topping, baked fruit, apple or berry crumble, or fruit salad.

If you have any questions, please contact:
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