Healthy Food Choices for Meetings

Make the healthy choice, the easy choice!

Ottawa Public Health recognizes that offering healthier food options at meetings can contribute to a healthy lifestyle.

5 Guidelines for Healthy Meetings

- Offer foods that are less processed and lower in sugar, sodium and saturated fat
- Offer tap water to drink
- Offer a variety of fresh vegetables and fruit
- Offer whole grains
- Offer at least one vegetarian option using plant based protein
**Examples of Healthy Choices**

**Breakfast Meetings**
- Fresh fruit with plain yogurt and granola
- Whole grain bagels cut in half with nut/seed butter
- Small whole grain muffins
- Hard boiled eggs

**Lunch Meetings**
- Salads (e.g. leafy greens, quinoa, lentil, bulgur, whole grain pasta)
- Lean protein-rich foods (e.g. poultry and legumes)
- Whole grain sandwiches or wraps
- Vegetables (e.g. steamed or raw)
- Fresh fruit

**Snacks**
- Fresh fruit with plain yogurt
- Raw vegetables with hummus
- Whole grain crackers or pita with nut/seed butter or cheese
- Trail mix (e.g. nuts, seeds and dried fruit)
- Plain popcorn

**Beverages**
- Tap water - add vegetables, fruit or herbs for flavour
- Coffee
- Hot or cold tea
- Cows milk or fortified soy beverage

**Keep Food Safe**

- Wash hands before and after touching food
- Use a clean serving utensil for each food item
- Discard any food that has been at room temperature for more than 2 hours