

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 Healty 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

