

Healthy Catering in the Workplace:

Importance, Guidelines and Policy Suggestions



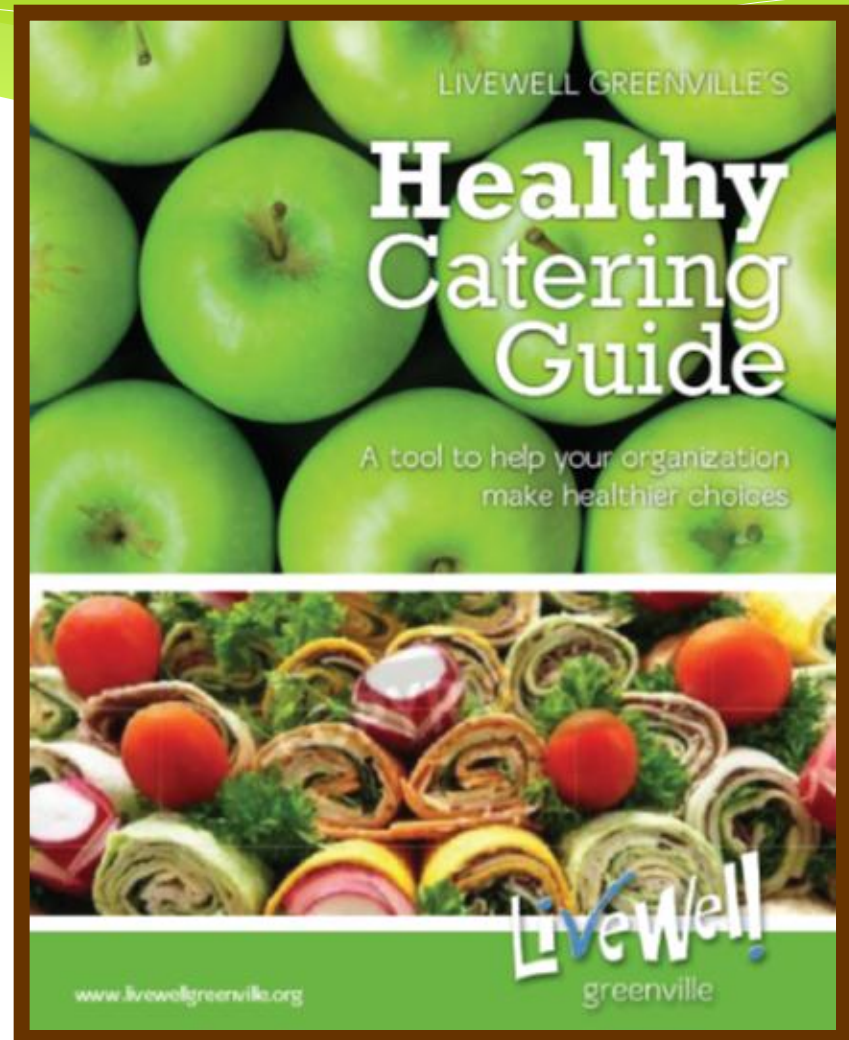
Alicia Powers, PhD

Associate Professor,
Health Sciences,
Furman University

Principal Investigator,
LiveWell Greenville

Healthy Catering in the Workplace

- * Importance of healthy catering in the workplace
- * Guidelines to follow when catering events for the workplace
- * Policy suggestions to encourage healthy food when catering events in the workplace



Importance of Healthy Catering in the Workplace

*Demonstration of workplace
commitment to
Culture of Wellness
and
Health and Well-being of
Employees*

Accessibility



Importance of Healthy Catering in the Workplace

To the Workplace	To the Employee
Reduced staff turnover	Increased job satisfaction
Reduced absenteeism	Increased skills for health protection
Increased productivity	Improved health
Reduced health care/insurance costs	Improved sense of well-being

General Guidelines

- * Consider not providing food at every meeting
- * Offer only beverages at mid-morning and mid-afternoon breaks
- * Provide less healthy options in moderation
- * Serve food in smaller portions



General Guidelines

- * Limit

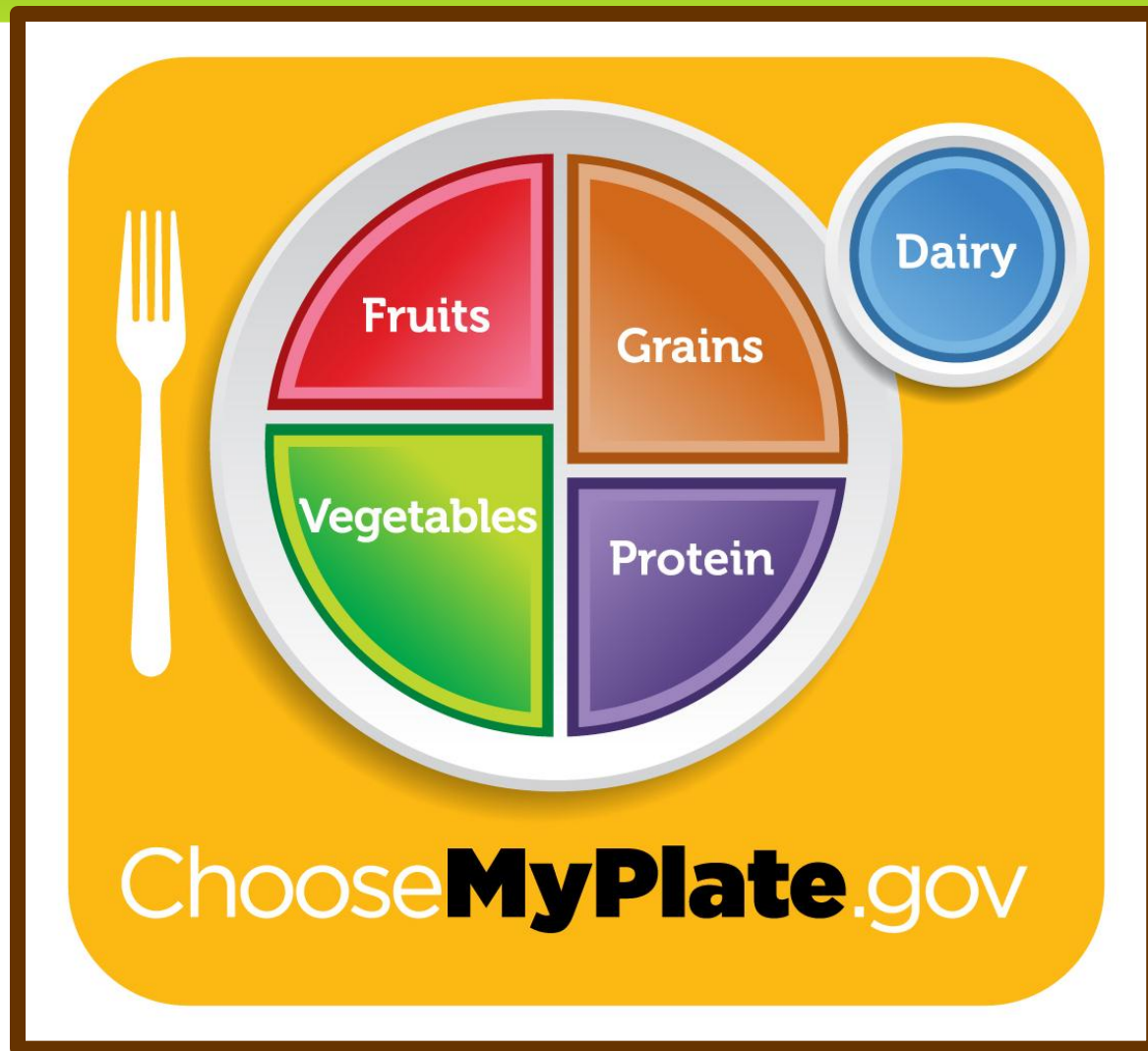
- * Saturated fat
- * Trans fat
- * Added sugar
- * Sodium

- * Include

- * Water
- * Whole grains
- * Fruits
- * Vegetables
- * Lean protein options



General Guidelines



Breakfast Meetings



- * Serve fruit and 100% fruit juice and vegetable juice
- * Offer skim milk in addition to other coffee additions
- * Choose whole grain baked goods in mini-portions
- * Offer peanut butter and lower sugar fruit spreads with whole grain baked goods
- * Offer a yogurt/oatmeal bar with granola, nuts, fresh fruits and dried fruits

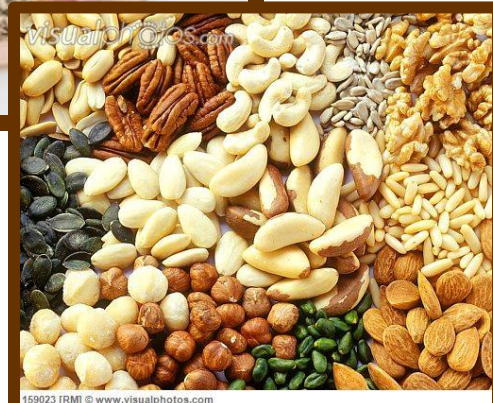
Boxed Lunch Ideas

- * Follow MyPlate guidelines to determine overall offerings
- * Consider a boxed salad lunch that offers a low fat, protein option and request a low calorie dressing on the side
- * Offer whole grain breads, wraps and pastas
- * Offer fruit as the dessert



Hot Served Meals and Buffets

- * Follow MyPlate guidelines to determine overall offerings
- * Choose lean proteins in smaller portions
 - * Beans, chicken, turkey, fish, shellfish, tofu, nuts or seeds
- * Offer whole grain baked products, pasta, rice or other sides
- * Offer a variety of vegetables
- * Offer fruit as the dessert



Hot Served Meals and Buffets

- * Consider including tomato-, pesto- or vegetable-based soups, sauces and toppings
- * Request healthier cooking methods, such as broiling, roasting, steaming, sautéing, grilling, poaching and baking



Break Foods/Snack Foods

- * Whole fruits
- * Raw vegetables
- * Low fat cheese and a whole grain
- * Hummus and a whole grain
- * Yogurt bar with fresh fruit, granola, nuts and seeds as toppings
- * Trail mix bar with a variety of fresh and dried fruits, nuts, seeds and small bits of candy



Healthy Meeting Checklist

*** Use the following checklist to ensure that your meeting promote healthy eating for all participants:**

- ☐ Does the menu for your meeting include a variety of food choices?
- ☐ Did you include both fruits and vegetables with each meal and snack?
- ☐ Are whole grain breads, cereals, rice and pasta incorporated into meals?
- ☐ Did you request low calorie items where possible?
- ☐ Did you specify that dressings, sauces and condiments should be served on the side?
- ☐ Did you request mini-versions of items like muffins, bagels?
- ☐ Will you provide water in pitchers at breaks and meals?
- ☐ Are there options for participants with special dietary needs, such as vegetarian, lactose-intolerant, etc.?

Policy Suggestions

- * Caterers used for all events are able to provide a variety of healthy options.
- * Healthy food choices will be available at all events.
- * Healthy food choices will be promoted at all events.



Policy Suggestions

- * Healthy food choices will be presented more prominently than less healthy food choices at all events.
- * At least one fresh fruit and one healthily prepared vegetable will be available at all events.
- * Water will be available at all events.



Healthy Carolina
UNIVERSITY OF SOUTH CAROLINA

Healthy Meetings Guide

A tool for planning healthy meetings and events.



Resources

Meeting Well



A Tool for Planning Healthy Meetings and Events



UC Berkeley Guide to Healthy Meetings and Events

A tool for campus event planners



Developed by Health*Matters
UC Berkeley Wellness Program
for Faculty and Staff

LIVEWELL GREENVILLE'S

Healthy Catering Guide

A tool to help your organization make healthier choices



LiveWell!
greenville

www.livewellgreenville.org