



LIVEWELL GREENVILLE'S

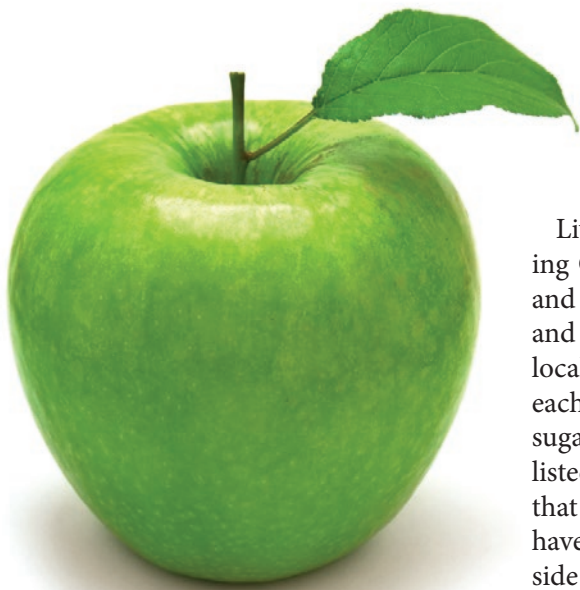
# Healthy Catering Guide

A tool to help your organization  
make healthier choices



**LiveWell!**  
greenville

[www.livewellgreenville.org](http://www.livewellgreenville.org)



# This is Your Guide to Healthier Catering!

LiveWell Greenville's Healthy Catering Guide is filled with healthy catering and snack ideas for your organization, and includes healthy menu options from local caterers. All of the items listed for each caterer are low in fat, saturated fat, sugar and sodium. In addition, the items listed have no trans fat. Please take note that the main dish or entrée items may have more sodium as compared to the side items.

LiveWell recommends that a variety of healthy food choices be available for all organization activities. This recommendation encompasses formally organized/catered meetings, functions and events for employees, visitors, faculty and any others guests.

Consider using this document as a guide to choosing healthier options for your meetings. Enjoy your healthy and productive assembly!

## How To Help Your Organization Make Healthier Choices

### General Tips for Planning Menus and Snacks

- Try to include something from every food group.
- Provide less healthy options in moderation.
- Consider not providing food at every meeting.
- Offer a variety of whole-grain foods, fruits and vegetables.
- Always have water available.
- Serve food in smaller portions.
- Offer only beverages at mid-morning and mid-afternoon breaks.

### Breakfast and Coffee Break Ideas

- Choose whole-grain bagels and muffins.
- Choose stone-ground grits
- Offer a yogurt bar with granola and dried fruits.

### Snacks Ideas

- Look for low-calorie, nutrient-dense snack options.
- Whole fruits like apples and bananas make great snacks.
- Hummus with pita wedges platter is a tasty healthy alternative.

### Boxed Lunch Ideas:

- Request whole-grain bread or wraps.
- Request Baked! Lays® or pretzels instead of regular chips.

- Consider the boxed salad lunch.
- Consider fruit sides rather than starch-based salads.
- Ask that dressings for salads be served on the side.

### Hot Served Meals or Buffet Ideas

- Discuss vegetable preferences with catering team. Request healthier cooking methods, such as steaming or baking.
- Ask about vegetarian options.
- Ask about high-protein entrée alternatives.

### Healthy Catering Policy Ideas:

- Healthy food options will be available throughout the day and night in at least one primary location.
- Caterers used for all events will provide healthy food choices.
- Healthy food choices will be promoted at all organization activities.
- Healthy food choices will be priced competitively.
- At least 25% of the choices in vending machines will be healthy food.
- All food is handled, prepared and stored in accordance with Food Safety Regulations.

## Some Unhealthy Choices Are Obvious, Some Are Not

### Beverage Items To Avoid or Limit:

- Half-and-half or cream
- Fruit or vegetable drinks
- Whole milk
- Full-calorie soft drinks
- Sweetened iced tea

### Breakfast Items To Avoid or Limit:

- Canned fruit in sweetened syrup
- Large bagels
- White bagels or sweet flavors of bagels
- Cereals with added sugar
- Doughnuts, sweet rolls, pastries, coffee cake, large muffins
- Smoked bacon, sausage links, or patties
- Sautéed or fried breakfast potatoes

- White biscuits and English muffins
- Full-fat, sugar-sweetened yogurts
- Butter, regular cream cheese

### Lunch Items To Avoid or Limit:

- White bread, croissants, rolls, or subs
- Regular chips
- Regular or buttered popcorn
- Potato salads, white pasta salads
- Pan-fried, deep fried, or breaded meats, poultry with skin, bacon, sausage, and high-fat cold cuts
- Soups made with cream or half-and-half, only meat or egg noodles
- White pastas; Alfredo, butter, or cream sauces

- Vegetables fried, marinated in oil, served in cheese, cream sauce or butter
- Potatoes served with butter, sour cream, bacon, cheese; mashed potatoes served with gravy
- White rice
- Croissants or white rolls
- Pizza with thick or white crusts, toppings including high-fat meats like pepperoni or sausage, excessive cheese
- Dips made from mayonnaise, sour cream, cream cheese or cream sauce
- Full-fat ranch and blue cheese dressings
- Condiments served on food items instead of on the side; Mayonnaise

## Adams Bistro

[www.adams-bistro.com](http://www.adams-bistro.com) | (864) 370-8055

### Main Dish Items (including soups and salads):

- Roasted Pesto Chicken Salad
- Grilled Salmon Salad
- Chicken and Strawberries Salad
- Tuscan Chicken Melt
- Veggie Pita

### Pastas:

- Mediterranean Pasta
- Chicken
- Portobello

### Sides:

- Jasmine rice
- Steamed broccoli

## Atlanta Bread Company

[www.atlantabread.com](http://www.atlantabread.com) (several local locations)

### Main Dish Items (including lunch and breakfast):

- Chopsticks Chicken Salad
- Apple Spice Bagel (whole)
- Cinnamon Crisp Bagel (whole)
- Cinnamon Raisin Bagel (whole)
- Wheat Bagel (whole)
- Plain Bagel (whole)
- Poppy Seed Bagel (whole)
- Sesame Seed Bagel (whole)
- Whole Grain Bagel (whole)
- Low-fat Apple Muffin (whole)
- Low-fat Pumpkin Muffin (whole)

### Sides (including salads and breads):

- House Salad
- Asiago Loaf (one slice)
- French Baguette (one slice)
- Nine Grain Bread (one slice)
- Pumpernickel Loaf (one slice)
- Rye Loaf (one slice)
- Sourdough Baguette (one slice)

## Babaziki Mediterranean Grill

[www.babaziki.com](http://www.babaziki.com) | (864) 288-1120

### Salads, Whole Wheat Pita Sandwich, or Plate:

- Grilled Chicken
- Falafel
- Grilled Vegetables

### Additional Toppings:

- Feta cheese
- Grilled Vegetables
- Roasted Peppers and Onions

- Israeli Couscous
- Balsamic Tomato
- Spinach or Romaine

### Sauces/Spreads:

- Lebanese Green S'hug
- Tunisian Harissa
- Israeli Red S'hug
- Turkish Tahini
- Greek Tzatziki

## Exceptional Catering

[www.catergreenville.com](http://www.catergreenville.com) | (864) 233-7455

### Trays:

- Fruit Tray
- Fruit and Cheese Tray
- Vegetable Tray

### Salads:

- Garden salad

## Jason's Deli

[www.jasonsdeli.com](http://www.jasonsdeli.com) | Greenville: (864) 284-9870

### Main Dish Items (including sandwiches, wraps, salad, and breakfast):

- Natural Grilled Chicken Breast Sandwich (1/2 sandwich)
- Natural Grilled Chicken Breast Salad
- Organic Vegetable Soup (1 cup)
- Lighter Nutty Mixed Up Salad
- Plain Bagel (whole)
- Multi Grain Bagel (whole)
- Cinnamon Raisin Bagel (whole)
- French Toast Bagel (whole)

### Dressings (suggested serving, size 1-2 tbsp.):

- Organic Balsamic Vinegar
- Red Wine Vinegar

### Bread (Serving size, one slice):

- Whole Grain Wheat Bread
- Sourdough Bread
- Gluten Free Bread

### Sides:

- Steamed Vegetables
- Baked Lays
- Fresh Fruit Cup
- Fresh Fruit Plate
- Three Bean Salad
- Mixed Fruit and Yogurt

### Dessert:

- Low-fat Fruit and Yogurt Parfait Cup
- Cranberry Walnut Mix Cup

## Larkin's on the River

www.larkinsontheriver.com | (864) 467-9777

### Main Dish Items (salads, sandwiches, and entrees):

- Larkin's Health Fare Steak House Salad with standard dressing
- Healthy Fare Spinach Salad w/standard dressing
- Spiced Grilled Chicken Sandwich
- Healthy Fare Teriyaki Grilled Chicken
- Grilled Veggie Sandwich
- Healthy Fare Portobello Mushroom Sandwich
- Healthy Fare Pork Chop
- Peppered Salmon Filet
- Healthy Fare Chicken Pasta

## Lifeit Café

www.lifeitcafe.com | (864) 271-4344

### Main Dish Items:

- Tree of Lifeit Sandwich
- Portobello Mushroom Wrap
- Organic Salads

## Panera Bread

www.rolypoly.com (several local locations)

### Bread (One slice):

- Ciabatta
- Focaccia w/Asiago Cheese
- Cinnamon Raisin Swirl Loaf
- Honey Wheat Loaf Bread

### Main Dish Items (serving = one bagel):

- Asiago Cheese
- Blueberry
- Cinnamon Crunch
- Cinnamon Swirl Raisin
- Cranberry Walnut
- Plain
- Pumpkin Pie
- Sesame
- Whole Grain
- Cherry Vanilla/Pink Ribbon

### Salads:

- Classic

### Dressings (suggested serving size 1-2 tbsp.)

- Asian Sesame Vinaigrette
- Low Fat Meyer Lemon Balsamic Vinaigrette
- Reduced Fat Balsamic Vinaigrette
- White Balsamic Apple Vinaigrette

### Sides:

- Baked Lays Potato Chips

## Roly Poly

www.rolypoly.com | (864) 286-3503

### Main Dish Items (sandwiches and soups):

- Basil Chicken Cashew Chicken
- Chicken Fajitas
- Oriental Chicken
- Pesto Chicken
- Buffalo Chicken Slim
- Veggie and Cheese
- Monster Veggie
- Italian Veggie
- Ultimate Veggie
- Mexican Chicken Tortilla (3/4 a cup)

### Salads:

- Greek
- Just Veggies
- Spa

### Dressings and Sauces (serving size suggested 1-2tbsp):

- Fat Free Apple Ranch Dressing
- Fat Free Creole Sauce
- Fat Free Ranch Dressing
- Fat Free Sun-dried Tomato Basil
- Peach Salsa

## Two Chefs To Go

www.twochefsdeli.com | (864) 284-9970

### Main Dish Items (salads and wraps):

- Pesto Chicken w/standard dressing
- Dried Cranberries and Grilled Chicken with standard dressing
- Mediterranean Wraps

## Zoë's Kitchen

www.zoeskitchen.com | Augusta St.: (864) 400-4005

Woodruff Rd.: (864) 509-6690

### Main Dish Items:

- Half Sandwiches (suggested serving size is a half sandwich)
- Chicken Salad Sandwich
- Tuna Sandwich
- Egg Salad Sandwich
- Pimento Cheese Sandwich
- Salads
- Grilled Chicken w/onions

### Dressing:

- Citrus Balsamic (2 tbsp.)

### Sides:

- Pasta Salad
- Seasonal Fresh Fruit
- Wheat Pita Chips