Meetings & Events

Guide to Healthy Catering

FSI Food Services
INCORPORATED

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Dear Campus Event Planners,

Food Services, Inc. is committed to creating and sustaining a healthful, safe, and inspiring place to live, work, and Study. The Campus Guide to Healthy Catering for Meetings and Events has been developed as a tool for campus event planners to step forward toward that commitment.

Meetings, events, and celebrations are a major part of the campus culture. Many meetings and events include food and beverages, as well as long periods of sitting. This guide provides recommendations and resources on how to make meetings more healthy for faculty, staff, and students including nutritious food and beverage options, using sustainable supplies, and suggested activity breaks.

This guide has been produced by Food Services, Inc. wellness program. We hope you find the Guide to Healthy Catering for Meetings and Events a useful resource.

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Fostering a Healthy Eating Environment:

Why focus on a healthy meeting?

It is well recognized our physical and social environments have a tremendous impact on our health. The environment in which we work, study, and live each day shapes many of the choices we make, and can either support or hinder efforts to eat well and be active on a daily basis.

Faculty, staff, and students spend a significant portion of each day on campus and make food, beverage, and physical activity choices all day long, including at meetings and events. Our health depends upon healthy food options being available everywhere we access food.

Healthy eating isn’t about all or nothing – it’s about balancing choices. Our goal is for healthy options to be accessible wherever food is provided. In addition to this, when an activity break is included at meetings longer than two hours, we can make great strides in supporting the health of the faculty, staff, and students and create a healthy campus.
Fostering a Healthy Eating Environment:

How are these guidelines developed?

The Guide to Healthy Catering for Meetings and Events provides guidelines for nutrition, physical activity, and sustainability recommended for campus meetings and events. These principles are in alignment with campus nutrition guidelines, and are derived from the Dietary Guidelines for Americans and State of Wisconsin nutrition standards.

Food Services, Inc. Eat Well Catering

Food Services, Inc. Eat Well Catering encourages healthy food and beverage options at meetings and events by helping caterers serving the campus and campus event planners to identify healthy menu options using the apple icon.
1. Eat 5-9 servings of fruits & vegetables
   - A variety of colorful fruit and vegetables contribute essential vitamins, minerals, antioxidants, and fiber.

2. Reduce sodium & sugar
   - May reduce the risk of high blood pressure
   - Sugar contributes calories with few, if any, nutrients.

3. Drink Water
   - Meets the body’s fluid needs.
   - Soda, coffee, specialty drinks can add hundreds of non-nutritional calories.

4. Eat healthy portions
   - Increased portion size causes increased body weight
   - Request smaller or “mini” portions, cutting baked goods in half, serving sandwich halves, or providing foods in bulk for self service.
5. Consume less bad fat
- Eat less saturated fat and eliminate trans fats.

6. Consume more good fat
- There are health benefits from consuming healthy fats such as mono- and polyunsaturated fats and omega-3 fatty acids, found in olive oils, nuts & seeds, salmon & tuna.

7. Choose whole grains
- Whole grains provide fiber, vitamins and minerals.
- They take longer to digest, delaying hunger between meals.

8. Be active
- Regular exercise manages body weight, boosts mood and energy level.
- Try to be active for at least 30 minutes over the course of a day.
Guidelines for Healthy Choices

When food and beverages are provided at campus meetings and events it is important to include items that meet the standard nutritional guidelines. Please ask your caterer to work with you or look for the noted choices in the catering brochure to help identify menu choices.

Refreshments of any type
- If any refreshments are being served at a meeting or event, include water and fresh fruit or vegetable options at a minimum.
Guidelines for Healthy Choices

Meals and Snacks
• Emphasize fruit, vegetables, whole grains, and nonfat or low fat dairy products.
• Include lean meat such as skinless poultry, fish, beans, and tofu, or eggs, nuts, and seeds.
• Remember to include vegetarian option; consider vegan option for larger groups.
• Select food with no trans fat, and low in saturated fat, sodium, and added sugar.
• Choose food that is prepared by grilling, baking, or sautéing with healthy fats.
• Serve healthy portions. Always ask a dining services employee or server for suggested amounts if you are unsure.
**Guidelines for Healthy Choices**

**Beverages**
- Water should always be included
- Other healthy beverage choices include: non-caloric beverages such as coffee, iced teas (flavored or unflavored with no added sweeteners), nonfat or 1% milk, dairy free alternative milks, and 100% fruit and vegetable juices (less than 6-8oz/serving).

**Sustainability**
- Choose reusable, washable serving containers and eating utensils or paper and compostable products whenever possible.
- Order food, beverages, and condiments in bulk containers or platters rather than single servings.
- Provide recycling containers for cans, bottles, and cardboard/paper. Consider composting to minimize waste.
- Provide information and signage on the green and healthy aspects of the event.
Menu Suggestions for Healthy Choices

Choose more of these:

- Healthy portions (small to moderate) and half portions
- Food prepared by baking, roasting, broiling, grilling, poaching, steaming, and stir-frying.
- Foods prepared with healthy fats such as olive oil, canola, and soybean oils.
- Whole grain products without trans fat, high-fructose corn syrup (HFCS), or added sugar.
- Fruit: whole or sliced such as berries, melon, pineapple, grapes, apples, kiwi, banana, dried fruit.
- Vegetables: whole or sliced such as baby carrots, pear/cherry tomatoes, broccoli, cauliflower, celery, bell pepper.
- Whole grain crackers and breads/pitas/tortillas, brown rice, wraps, and nuts and seeds (low in added sugar and salt).
- Baked chips, pretzels, low fat popcorn, breadsticks, rice cakes, “puffed” or “popped” snacks, low-fat/high fiber granola bar.
- Spreads and dips: hummus, olive tapenade, tuna with lemon, small cheese cubes, salsa, low fat dips.
- Water and carbonated water, unflavored or flavored without sweetener (try adding citrus slices).
- Coffee and hot tea, herbal tea, 100% fruit or vegetable juices, less than 6-8 ounces per serving, Unsweetened iced teas.
- Nonfat or 1% milk, nondairy alternatives, eggs prepared with minimal added fat, egg white dishes, vegetable omelets.
Choose more of these:

- Lean sausage or bacon (or meat substitute), lean protein such as skinless turkey or grilled chicken, fish, tofu, beans and legumes.
- Low-fat yogurt or cottage cheese, yogurt or cottage cheese fruit parfaits, spreads and butters.
- Mini bagels, muffins, small portion baked goods, dried fruit.
- Dressings made from olive, vegetable, or nut oils.
- Soups and sides made with clear stock base, vegetables, beans, and legumes.
- Sushi made with fish, vegetables, tofu, avocado.
- Condiments: mustard, oil and vinegar, salsa, spreads made with healthy fats served on the side.
- Desserts should be made with fresh fruit or fruit salad and portions should be small. Examples: fruit, angel food, low-fat yogurt, meringues, sherbet, sorbets, mints, hard candy.
Portion Considerations

“The Portion Plate”

- A slice of bread EQUALS the size of an audio cassette
- One cup of Fruits or Vegetables EQUALS the size of a baseball
- Medium potato EQUALS the size of a computer mouse
- One serving of meat EQUALS the size of a deck of cards

Fats, Oils, & Sweets use SPARINGLY

¼ of your plate should be Whole Grains

Half of your plate should be Fruits & Vegetables

¼ or less of your plate should be lean meat or protein
If you incorporate physical activity breaks into meetings, you are likely to find that participants have increased energy, attention span and participation, and less fatigue. Taking a few minutes to move can save much time in lost productivity. Research suggests that there also are health benefits for individuals who integrate short bouts of activity into their day.

**A Physical Activity Break is:**

- An opportunity to be physically active for a short period during the workday.
- Modifiable to fit your needs. Can be 1-2 minute stand-up-and-stretch, a 5 minute low impact aerobic activity, or a 10-30 minute walk break.

**A Physical Activity Break should:**

- Be completely voluntary.
- Allow participants to go at their own pace and remain comfortable and pain-free. Advise participants to do only what feels good and to stop immediately if anything hurts.
- Be do-able without breaking a sweat.
- Be fun and safe, and not require professional leaders.
Meetings can be productive and healthy with Activity Breaks

Guidelines for Activity Breaks

- For two-hour meetings, include a “stand-up-and-stretch” break. Participants can gently stretch the neck, shoulders, arms, hands, legs, feet, and back; and make circles with their arms, head, and hips.
- For two-to-four-hour meetings, include a 5-10 minute activity break for walking, or schedule a 5 minute light aerobic activity.
- For all-day meetings, in addition to stretch breaks and 5 minute activity breaks, schedule time for a 30 minute break and encourage participants to take a walk or engage in physical activity.
Thank You!