



Guidelines for Healthy Meetings and Events

TOP TEN GUIDELINES FOR HEALTHY MEETINGS AND EVENTS

1

Provide fruits and/or vegetables each time food is served

2

Choose whole grain options

3

Serve vegetarian and lean protein options

4

Serve dressings and condiments on the side

5

Provide water (preferably tap water) instead of juice or sweetened drinks

6

Serve fresh fruit instead of dessert

7

Serve small portions and precut sandwiches, baked goods and other items

8

Select options low in added sugar and salt

9

Plan activities that require attendees to move, like breakout sessions or stretch breaks

10

Follow green event and zero-waste guidelines

