

Wellness Coalition Healthy Food for Events

Funds provided by the coalition for snacks and refreshments are encouraged to be put towards healthy choices. To help give you some ideas of what this can look like, below is a list of a variety of options to include at your next event, program, or meeting:

Beverages

- Make water your drink of choice (use tap water if it is safe, if not use bottled)
- Unsweetened sparkling water
 - For example: Bubly, AHA, Perrier, San Pellegrino's, and President's Choice
- Tea or Coffee
- White milk or unsweetened plant-milk substitutes
 - For example: almond, soy, oat, or cashew



Grab-and Go Foods

- Fruit cups (canned, packaged, or fresh)
- Fresh fruit (bananas, apples, oranges)
- Unsweetened applesauce
- Yogurt cups, tubes, or drinks
- Cheese sticks or strings
- Whole grain granola bars (not chocolate or yogurt-dipped)
- Small boxes of whole grain cereals
- Homemade whole grain muffins or loaves
- Whole grain crackers
- Trail mix
- Plain popcorn



Healthy Snack Options (prepare ahead of time)

- Raw vegetables served with dip
 - For example: hummus, salsa, or guacamole
- Whole wheat crackers with cheese or fruit
- Homemade trail mix with yogurt and berries (fresh or frozen)
- Fruit kebobs made with cubed cheese and fruit
- Fruit smoothies made with frozen berries, yogurt and milk



Dinner Options

- Pasta salad made with whole grain pasta
- Sandwiches on whole grain bread made with lean meat, tuna, egg, or vegetables
- Chili, soup, or stew made with lean meats and vegetables
- Grilled burgers with whole wheat bun, lean meat, lettuce, and tomato
- Roast beef, pork, chicken, turkey, with vegetables



For more information contact the Regional Nutritionist in your area:

- Wellness Coalition- Avalon East: Lesley Burgess (Lesley.Burgess@eastenhealth.ca)
- Eastern Regional Wellness Coalition: Melissa Caravan (Melissa.Caravan@easternhealth.ca)

