



Boston Public Health Commission

Healthy Gatherings

Offering healthy choices at your organization's meetings, events and celebrations makes it easier for attendees to eat healthier foods, and gives them the energy boost they need without consuming unhealthy amounts of salt, sugar or fat.

General Recommendations

The following recommendations are simple steps your organization can take to implement healthier options at all work related gatherings.

- Serve food in small portions.
- Serve low-calorie and low-saturated fat foods
- Educate employees about the benefits of offering healthy foods and beverages.
- Work with caterers and vendors who are willing to alter their menu selections and offer low calorie, low sodium options. Promote their business throughout your organization and with partners. Restaurants like Haley House, Merengue, Poppa B's Restaurant, Ideals Sub Shop, Tom's Sandwich Shop, El Oriental de Cuba and Danny's Restaurant have been known to accommodate requests for healthier menu options.

Beverage Recommendations

The following recommendations are steps your organization can take to offer healthy beverage options at all organizational gatherings.

- Always provide pitchers of tap water and cups.
- Add fresh fruit or a splash of 100% juice to water (**SEE: Healthy Beverage Recipe Booklet**).
- Avoid serving diet or artificially sweetened drinks.
- Do not serve sugar sweetened beverages, like soda, fruit juice or sports drinks. When serving coffee or tea, offer or fat free milk, and unsweetened soy and almond milk, in addition to half and half.

Food Recommendations

The following recommendations are steps your organization can take to offer healthy food options at all organizational gatherings.

- Offer fresh fruits and vegetables with low-saturated fat, low-sodium dressings and dips.
- When serving snacks, use the **Healthy Food Distribution List** to choose low-sodium options that are also low in sugar.
- When serving lunch or dinner, provide at least two sides of fruits and vegetables.
- Choose lean proteins like poultry and fish.
- When providing sandwiches, offer half size portions as opposed to full.
- When serving soups, choose ones with a vegetable or broth base as opposed to cream based soups.
- Select low-sodium versions of your favorite condiments like ketchup, dressings and soy sauce. Whenever possible use oil/vinegar based dressings.
- Offer diverse menu options. Encourage staff to explore different foods.
- Be sure to include vegetarian options.



Choose...

Tap Water or seltzer water with fresh or frozen fruit

Low-fat or skim milk

Fresh Fruit

Fresh Vegetables with Hummus, low-fat dips

100% whole grain bread, bagels, granola or unsweetened cereals

Plain or low-fat yogurt with less than 30 grams of sugar

Whole grain crackers with guacamole or salsa

Broth or vegetable-based low sodium soup

Salad with a colorful variety of vegetables and dressing on the side

Whole grain pasta salad with light vinaigrette or sauce

Whole grain (brown) rice

Grilled or broiled chicken and vegetables skewers

Tofu or low-sodium beans