

NBSIA Member Services Safety Bulletin

June 2012

GUIDELINES FOR HEALTHY WORK MEETINGS



It's time to say "So long!" to donuts and pastries in staff meetings. Offering healthy choices at meetings and other school events makes it easier for district employees to eat healthy foods and be physically active, which can

positively affect their health, lead to less injuries and shorter recovery times, if injured; and contributes to a healthy and safe work environment. Below are suggestions for healthy meeting snacks for any time of day.

Breakfast Menu Suggestions

- High-fiber cereals such as bran flakes, low-fat granola or oatmeal
- Fruit toppings for hot and cold cereals
- Hard cooked eggs
- Low-fat yogurt
- Eggs whites or egg substitute
- Thinly sliced ham
- Bagels (cut in half) with fruit spreads, jams, hummus, or low-fat cream cheese
- Fresh fruit with low-fat yogurt dip



Light Refreshments

- Whole grain crackers or granola bars
- An assortment of low-fat cheeses and whole grain crackers
- Baked pita chips served with hummus
- Whole grain muffins (cut in half)
- Whole grain breads
- Low-fat yogurt
- Pretzels, popcorn, baked chips or unsalted nuts
- Fresh slices fruit and vegetable trays with low-fat dips

Beverages

- Coffee and tea (regular and decaf)
- Iced tea
- Water
- 100% fruit juice, no sugar added

Lunch Menu Suggestions

- Serve mustard and low-fat mayonnaise as sandwich condiments (or cranberry sauce for turkey)
- Serve half sandwiches, so people can take smaller portions
- Vegetarian broth-based soups or soups using evaporated skim milk instead of cream
- Pasta dishes (lasagna, pizza) with low-fat cheeses (part skim mozzarella, part skim ricotta) and extra vegetables or pasta with tomato or other vegetable-based sauces
- 4-ounce maximum portions of meat and plenty of low-fat, low-calorie side dishes
- Raw vegetables or pretzels instead of potato chips or French fries
- Vegetables—steamed, fresh, or cooked (no butter or cream sauces)
- Mixed green salads with low-fat dressings
- Whole grain breads and rolls
- When serving desserts, offer small serving sizes such as angel food cake (2" square) with fresh fruit topping or small cookies

Move Around

At least once an hour encourage employees to walk around, to step outside, to stretch, or use the restroom.

A short stretch will keep blood flowing, help employees stay awake, alert and more engaged during the meeting.



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