# Guide to Healthy Meetings and Events

## Snacks, Appetizers, & Desserts

Stores: Safeway, Whole Foods, Berkeley Bowl

### Whole Foods

#### Skewers
- Thai Chicken
- Portabello
- Squash
- Sesame Tofu
- Scallops
- Shrimp

#### Party Dips
- Black Bean Hummus
- Guacamole
- Hummus
- Salsa

#### Tea Sandwiches
- Hummus Avocado
- Greek Hummus
- Tofu Cucumber
- Cucumber Herb

### Berkeley Bowl

#### Dips
- Guacamole
- Hummus
- Salsa

#### Platters
- Best of Season Fruit
- Berkeley Bowl Chicken
- Mediterranean

#### Desserts
The best choice is fresh fruit. If you must have something else, choose small portions:
- Mini Eclair
- Mini Cream Puff
- Mini Tartlet Platter

### Safeway

#### Dips
- Guacamole
- Baba ghanoush
- Greek yogurt dip

#### Platters
- Hummus & Garden Veggies
- Love Those Veggies
- Mediterranean Medley
- Fresh Fruit
- Shrimp Party Tray
- Olive Tray

#### Desserts
The best choice is fresh fruit. If you must have something else, choose small portions:
- Artisan Petite Brownie Tray

### Cheese
- String cheese: Organic Valley, Trader Joe’s Organic, 365, Horizon, Sargento
- Other light cheese: Babybel light, Organic Valley reduced fat

### Crackers, Chips, Grains, Other
- Whole grain crackers: Ak Mak, Whole grain Wasa, Kavli, RyKrisp, Ryvita, Triscuits
- Pretzels: Utz 7 Whole Grains, Hanover Ancient Grain, Annie’s Honey Wheat Pretzel Bunnies, Newman’s Own Honey Wheat Pretzels
- Chips: Rhythm or Brad’s Kale Chips, 365 (Whole Foods) or Open Nature whole wheat pita chips
- Other: Nuts, natural air-popped popcorn, trail mix

### Desserts
The best choice is fresh fruit. If you must have something else, choose small portions. You could also create a platter that is half fruit, half other dessert:
- Dark chocolate
- Belvita Soft Baked Biscuits
- Newman’s Own Cookies
- Cascadian Farms granola bars
- Larabars

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