



Guide to Healthy Meetings and Events

Snacks, Appetizers and Desserts Venues: Costco, Safeway, Whole Foods



Fresh Vegetables or Fruit

- Ready-made platters available at Safeway and Costco
- Pre-washed, pre-cut options to make your own platter

Vegetables

- Baby Carrots Red bell peppers Cherry tomatoes Broccoli Florets
- Cauliflower Snap Peas Olives Celery

Fruits

- Berries: strawberries, raspberries, blueberries Cubed cantaloupe, honeydew, watermelon
- Grapes Pineapple chunks Crunch Pak Apple Slices

Whole Foods Made-to-Order Catering Menu

- Grilled thai chicken skewers Bruschetta Platter
- Seasonal grilled vegetables Mediterranean platter

Safeway Made-to-Order Catering Menu

- Garden Crisp Medley Tray Primo Taglio Cheese and Fruit Nibbler Classic Tea Sandwich

Costco Pre-Made Platters

- Shrimp Platter

Dips, Toppings, Cheese – available at most stores

- Hummus, Bean Dip, Salsa, Tabouleh Flavored light cream cheese
- Low fat Ranch Dip: Whole Foods - *Follow Your Heart LF Ranch dressing*, or combine LF plain yogurt + NF sour cream + *Hidden Valley Ranch Pack*
- Cheese: *Babybel Light cheese, Laughing Cow Light Garlic and Herb, or French Onion wedges*, Safeway - *Sargento Reduced Fat Mozzarella and Cheddar String Cheese*

Crackers, Grains and Chips

- Whole grain crackers: *Ak Mak Crackers, WASA Light Rye Crackers, Kavli Crispbread*
- Chips: Soy crisps, pita chips, Costco – *Corazonas Heart Healthy Tortilla Chips*
- Pretzels: *Frito Lay Honey Wheat Pretzel Twist, Whole Grain Hard Pretzel Strips*, Costco - *Snack Factory Deli-Style Pretzel Chips*
- Whole Foods - *East and West Gourmet Bolanis/stuffed flat bread* (ideally heat or microwave)

Desserts

- Platter of half fresh fruit, half small cookies
- Bowl of dark chocolate mints such as *Andes Mints* or *Ghirardelli Dark Chocolate Squares*
- Safeway *Eating Right 100% Whole Grain Mini Biscotti*
- Kashi TLC Oatmeal Raisin Flax Cookies* Whole Foods *Meringue Cookies* Angel Food Cake



Eat Well Berkeley is sponsored by Health*Matters, UC Berkeley's Wellness Program, and the City of Berkeley Health Department.

