



Guide to Healthy Meetings and Events



Breakfast – Grocery Store Ideas

If you are hosting a small meeting/event with a modest budget, consider these affordable options that can be bought (and quickly prepared, if necessary) from the grocery store.

Fresh Fruit

When possible, buy local, organic and in season.

Make your own platter

- Berries
- Apple or pear slices
- Orange slices
- Cubed melon
- Pineapple chunks

Or buy a pre-made platter or container or fruit

Easy Whole Fruit

- Apples
- Bananas
- Grapes
- Oranges
- Peaches/plums
- Pears

Beverages



Best choice: Water in a pitcher/dispenser

- Infused water – allow to infuse overnight. Try:
 - Frozen mixed berries
 - Lemon or other citrus slices
 - Cucumber, lime, and mint
 - Strawberry and pineapple
 - Grapefruit and rosemary
- Coffee - regular and decaf, and tea, including herbal. Offer unsweetened milks and/or creamers, including non-dairy options such as oat milk. When possible, serve creamers and sweeteners in bulk rather than individual packets.
- Sparkling water
- Unsweetened non-dairy milk
- Low-fat milk
- 100% fruit juices, mixed w/water or sparkling water
- Low sodium 100% vegetable juice

Granola, Yogurt, and/or Fruit Parfaits

Make-Your-Own Parfait Bar

- Plain yogurt
- Granola
- Sweetener
- Berries
- Nuts

Granola/Cereal

Choose options with whole grains at the top of the ingredient list, and low in added sugar. One serving granola is about 1/4 - 1/3 cup.

Go Green

Buy bulk containers of yogurt and serve with reusable or compostable cups and spoons. Also provide non-dairy yogurt.

Note: Refrigerated items should be kept in a bowl of ice

Baked Goods

Look for whole grains at the top of the ingredient list and low sugar. Choose mini version or cut into small portions.

Recommended Options

- English muffins
- Sliced bread
- Bagels, mini or cut in halves or quarters

Toppings, Condiments, & Other Items

- Cottage cheese
- Nut butters (almond, cashew, peanut)
- Cream cheese or non-dairy alternative
- Hummus
- Smoked salmon
- Unsweetened applesauce
- Veggies for bagels (tomato, cucumber, red onion)

Instant Hot Cereal – *Have hot water available.* Choose plain instant oatmeal & provide optional toppings:

- Fresh fruit (bananas, berries, etc.)
- Dried fruit (raisins, blueberries, etc.)
- Nuts (walnuts, slivered almonds, etc.)
- Cinnamon
- Sweetener (maple syrup, brown sugar, or honey, etc.)



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