



Guide to Healthy Meetings and Events

Snacks, Appetizers, & Desserts 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.

Savory Snacks

- Unsalted or lightly salted nuts and/or seeds
- Trail mix
- Whole grain crackers and cheese or dip
- Popcorn
- Kale chips
- Edamame
- Roasted seaweed
- Roasted beans such as chickpeas, fava beans, or edamame
- Apple chips (or other fruit/vegetable chips)

Dips

- Baba ghanoush
- Black bean dip
- Bruschetta
- Guacamole
- Greek yogurt dip
- Hummus
- Lime juice and chili lime seasoning (i.e. Tajín)
- Muhammara
- Pesto
- Salsa
- Tzatziki

Fruit and Vegetables

Make your own sandwich and wrap platters using the following:

- Raw vegetables: Cherry tomatoes, snap peas, baby carrots, or pre-cut vegetables such as cucumber, celery, or jicama
- Fruit: Apple, bananas, berries, clementines, oranges, peaches, pears, plums, or pre-cut mango, melon, pineapple, etc.

Desserts

- Fresh fruit
- Dark chocolate
- Chocolate covered fruit or fresh fruit with chocolate dip
- Small portions of baked goods such as mini cookies or cakes
- Build-your-own yogurt parfait bar

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
- Iced tea
- 100% fruit juices, mixed w/water or sparkling water

Go Green

- Use reusable or compostable dishes, cups, and utensils, and/or ask people to bring their own utensils/cup/mug if possible.
- Buy ingredients in bulk rather than individually packaged whenever possible.
- Buy beverages in glass or aluminum containers when possible. Be sure to recycle the containers.
- Include plenty of plant-based options



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