

# Healthy Meetings

Many businesses and workplaces are implementing healthy meeting practices. This helps to send the message that health is important to your organization, to help support the health of your employees. A good place to start is to adopt a healthy meeting practice and/or policy too.

## Why does my worksite need a healthy meeting policy?

Studies show a strong relationship between the work environment and the health behaviors of employees, nearly half of most people's waking hours are spent at work, and many of those hours are spent in meeting. Often the foods and beverages available at meetings are often high in fat, added sugars, added sodium, and contain few fruits, vegetables, and whole grains.



**Implementing a healthy meeting policy helps to create a supportive workplace that provides a culture of health and helps employees and members to eat well. Adopting healthy meeting standards sends the message that health is important to your worksite and that you support the health of your employees. It models healthy behavior and supports health promotion efforts at your worksite. Below are suggestions that can be easily made at your worksite.**

## Food

- Offer fruits and/or vegetables every time food is served
- Offer reasonable portion sizes
- Use whole grains whenever possible (100% whole grain as the first ingredient)
- Offer condiments on the side
- Look for and purchase lower-sodium options
- Make the majority of meat options either poultry, fish or lean unprocessed meat
- Provide a vegetarian option
- When serving dessert for special occasions, cut portions in half or serve small portions
- Do not place candy or candy bowls in the meeting space
- Do not serve fried foods

## Beverages

- Make water the default beverage
- Do not offer full-calorie sugar-sweetened beverages.
- Serve 100% juice
- 100% juice diluted with water
- low fat or nonfat milk
- beverages with 40 calories per serving or less
- Offer low fat or nonfat milk with coffee and tea (instead of half and half)

**Will healthy meeting cost more?** Some healthy foods may be more costly, but by making portion sizes more reasonable, ordering less food, reducing waste, and rethinking whether snacks need to be provided at each meeting, you may end up saving money by reducing overall food purchases!



**Creating Healthy Schools  
and Communities  
in Onondaga County**

Onondaga County Health Department



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Source: Adopted from the National Alliance for Nutrition and Activity Meeting Guidelines

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