

TIPS FOR A HEALTHIER MEETING

The healthy meetings policy sets standards for food and beverages offered during health department meetings, parties & special events. These guidelines will help Individuals plan healthier meals and snacks.

Access the full policy on the Health Department intranet site.

CONTACT

NutritionStandards_PDPH@phila.gov

REQUIREMENTS

BREAKFAST

- Include fresh fruit
- Offer whole grains
- Serve donuts, muffins, etc. no more than 1x/ month

LUNCH + DINNER

- Include fresh fruit and/or vegetables
- Offer whole grains
- No fried foods
- Consider tomato pie in place of pizza
- Offer desserts and chips as side option (not inside of boxed lunches)
- Offer fruit as dessert
- Consider baked chips

BEVERAGES

- Always offer water
- No sugar-sweetened beverages

WHAT TO CHOOSE?



OATMEAL WITH FRUIT & NUT TOPPINGS



SMALLER SIZED BAGELS/CUT IN 1/2



LOW-FAT GRANOLA AS A PLAIN YOGURT TOPPING



PEANUT/OTHER NUT BUTTER TO SPREAD ON BREAD



DARK LEAFY GREENS
(Romaine, Kale & Spinach)



SALAD DRESSINGS ON THE SIDE



SALAD AS A MEAL
(Protein & Whole Grains)



ROASTED, BAKED, OR GRILLED ITEMS



PASTA DISHES WITH VEGETABLES



WHOLE GRAIN SANDWICH BREADS



OFFER WATER USING A PITCHER AND CUPS
(Add Fruit or Mint)



BLACK, GREEN, OR HERBAL TEA



TAKE A MOVEMENT BREAK

Consider movement breaks during meetings lasting more than 1 hour. See PhillyPowered.org.

Consider the **GOOD FOOD CATERER GUIDE** to identify businesses that carry healthy foods:

phillyfpac.org/good-food-caterer-guide/

