

Student Wellness Center

Healthy Meeting Guide

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THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE

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FOOD & BEVERAGES

Are you one of thousands of students or part of a student organization that has regular meetings and events? If so, consider the following healthy options for meetings.

BREAKFAST

Fruit - whole, salad, etc.

100% fruit or vegetable juice

Low-fat yogurt

Granola bars

Mini bagels or muffins

Whole grain cereal

Bran muffins

Parfait with yogurt, fruit, granola*

APPETIZERS & SNACKS

Pretzels

Popcorn

Mixed nuts

Fruit skewers*

Roasted nuts*

Wasabi peas*

Dried fruits*

Granola bars*

Jumbo pretzel with mustard*

Raw vegetables and low-fat dip

Reduced fat cheese and crackers

Baked tortilla chips with bean dip or chunky salsa

Black bean or roasted red pepper hummus served with pita chips, baby carrots and celery*

Baked artichoke dip made with low-fat mayonnaise served with whole-grain crackers

Spinach dip made with low-fat mayonnaise and/or sour cream served with pumpernickel or wheat bread bowl

Crudités and dip vegetable medley (cauliflower, grape tomatoes, baby carrots, broccoli, celery and red peppers) with ranch dip*

SOUPS

Vegetable beef

Chicken noodle*

Tomato basil*

Black bean*

SALADS

Fruit salad*

Mixed greens with low-fat dressing

Spinach salad with mandarin oranges and toasted almonds

Southwestern chopped salad with corn, black beans, cilantro and spicy tomato salsa*

Quinoa and black beans with corn, green peppers, jalapeno, and lime-cumin vinaigrette with cilantro*

Mixed greens topped with grape tomatoes, sliced cucumbers, carrots, and pine nuts with balsamic vinaigrette*

SIDE DISHES

Whole wheat rolls and bread

Three bean salad

Rice pilaf*

Vegetable medley*

Penne with pesto sauce*

Roasted seasonal vegetables*

Herb roasted red skin potatoes*

French green beans with julienne red peppers*

Toasted Israeli couscous with grilled vegetables*

Toasted quinoa with fresh herbs and roasted corn*

MAIN DISHES

Vegetable pizza

Chili with cornbread or baked potato

Taco salad made with chicken and mixed vegetables

Baked potato topped with chili or broccoli and low-fat cheese

Turkey or ham with Swiss cheese, lettuce and tomato on wheat-berry bread*

Roast beef with cheddar cheese, lettuce and tomato on rye bread*

Tuscan polenta with roasted eggplant, zucchini, red peppers*

Roasted Portobello mushrooms with garlic, olive oil and cheese*

Cajun seared tofu with red beans, rice, and fruit salsa*

Stuffed poblano chilies with black beans and cheese*

DESSERT

Fig bars

Oatmeal raisin cookies

Chocolate dipped strawberries*

Fresh fruit with caramel dipping sauce or peanut butter

Frozen yogurt, sorbet, or reduced-fat ice cream

Brownies made with applesauce instead of oil

Carrot cake made with applesauce and pineapple

Chocolate fondue with mixed fruit (ex. strawberries, bananas), angel food cake, pretzels, marshmallows

Stuffed poblano chilies with black beans and cheese*

BEVERAGES

Water

Water mixed with chopped fresh fruit (ex. lemon or lime)

Diet soda

100% fruit or vegetable juice

Coffee with no-added cream or sugar*

Tea with no added sugar*

Sugar-free lemonade

Low-fat or fat-free dairy products such as milk, almond milk or soy milk

Calcium-fortified orange juice with half the calories and sugar

*Available through OSU University Catering

ACTIVITY BREAKS

Incorporating physical activity breaks into meetings can increase people's energy and attention spans. Activity breaks should always be fun, safe and voluntary.

Consider using the following guidelines and activities for your future meetings.

2-hour meetings: Allow a 2-minute "stand up and stretch" break halfway through

2-4 hour meetings: Take a 5-10 minute activity break for standing, stretching, or walking.

All-day meetings: In addition to stretch breaks and activity breaks, schedule time for a 30-minute break where participants are encouraged to walk or engage in light aerobic activity.

REMAIN STANDING IF...

"Remain standing if..." is a fun way to kick-start your meeting by having everyone stand up and as each of the following statements are read, have people sit down if the statement does not apply to them.

- You usually consume wheat products versus white grain products the majority of the time.
- You usually have 5 or more servings of fruits and vegetables per day.
- You usually exercise 20-60 minutes at least 3 days per week.
- You usually drink calorie-free or low-calorie beverages, such as water, diet soda, etc.
- You usually take the stairs instead of riding the elevator.
- You're male and consume less than 2 alcoholic drinks per day OR you're female and consume less than 1 alcoholic drink per day.
- You use sunscreen on a regular basis when outside for longer than an hour.
- You usually get 8 hours of sleep each night.
- You always use your seatbelt in the car.

Give the last person standing a prize and/or round of applause. Prize ideas that emphasize health, such as gym clothing, athletic shoes, hand weights, workout videos, balance balls, dance lessons, pedometers, water bottles, gym bags, music players, etc.

SUSTAINABLE EFFORTS

- Choose reusable, washable serving containers and eating utensils.
- Use paper and biodegradable products (i.e. paper vs. plastic or Styrofoam) when disposable is the only option.
- Choose food and beverages that are local or organic.
- Provide recycling containers for cans, bottles, and cardboard/paper.
- Donate edible leftovers to local shelters and food pantries.

HEALTHY MEETING CHECKLIST

Ready to implement your healthy meeting? Use the following checklist to ensure your meetings have healthy options available!

- Low-calorie drinks are available, such as water, flavored water, diet soda, calorie-free sports drinks, 100% fruit juice or vegetable juice, sugar-free lemonade or tea, etc.
- Whole grain (i.e. cereals, granola bars, muffins, bagels, rice, pasta) are available.
- Fruits and vegetables are included with each meal and snack.
- Lean sources of protein (i.e. chicken, turkey) or meat alternatives (i.e. beans, tofu, nuts) are available.
- Low-fat dairy options, such as yogurt, skim or 1% milk, almond or soy milk are available.
- Time for physical activity (i.e. stretching, standing, walking, etc.) is built into the meeting.
- Sauces, dressings and condiments are served on the side.
- Fruit is included as part of dessert.
- Special dietary needs (i.e. vegetarian, vegan, lactose intolerance) are taken into consideration.
- Smaller portions for meals and snacks are available.
- Reusable, washable serving containers and eating utensils are available.
- Recycling for aluminum, paper, and plastic is available.

HEALTHY MEETING STARTERS

For additional ideas and meeting starters, check out OSU's Human Resources page:
osu.edu/eminence/E2EResources/681.html

SOURCES

University Catering
UC Berkley Guide to Health Meetings & Events
American Cancer Society: Meeting Well