GUIDELINES FOR HEALTHY CATERING – VENDOR INFORMATION

bw wellbeing
BECOME YOUR BEST YOU

The following are general guidelines for planning meals with our organization. We strive to provide healthy, delicious choices for our team members and hope this guide will help you work with us to bring healthy meals to our team.

- Offer low-calorie, low-fat, and low-sugar foods and/or small portions
- Always offer fresh vegetables, fruit and water
- Include a vegetarian option at all meals
- Provide no more than a 4-ounce serving of meat
- If serving dessert, provide small servings
- When a meal is buffet style, set up fruit, salad and vegetable sides FIRST!

MENU SUGGESTIONS

BREAKFAST
- Low-fat yogurt
- Low-fat granola and oatmeal
- Vegetable omelets
- Whole-grain, silver dollar pancakes
- Fruit toppings (raisins, dried fruit mix, fresh strawberries, bananas, blueberries, peaches)
- Hard cooked eggs
- Thinly sliced ham or Canadian bacon
- Whole grain bagels cut in half served with fruit spreads, jams, or low-fat cream cheese

SNACKS
- Whole grain pita chips with hummus
- Whole grain crackers or granola bars
- Pretzels, popcorn (low salt/butter), baked chips and trail mixes
- Unsalted, assorted nuts
- Vegetable tray with low-fat dips
- Low-fat yogurt

LUNCH/DINNER
- Raw vegetables with low-fat dip and fresh fruits
- Salads with dark green lettuces; spinach; beans and peas; frilled, lean meat and low-fat cheeses with low-fat dressing or balsamic vinegar on the side
- Pasta, tofu and vegetable salads with low-fat dressing
- Broth-based soups
- Sandwich platters – cut sandwiches in half so team members can take smaller portions. Offer mustard and low-fat mayonnaise as condiments on the side. Use whole grain breads.
- Pasta dishes made with part skim mozzarella and part skim ricotta cheese
- Vegetable sides
- Meat in 4 oz. portions (fresh seafood, skinless poultry, lean beef – eye of round, London broil)
- Whole grain breads or rolls
- Baked potatoes with low-fat or vegetable toppings on the side.
- Desserts: Frozen yogurt/sorbet, small cookies or individually wrapped dark chocolate