

NNPHI's Healthy Meetings Policy

Whereas

NNPHI is concerned about and supportive about making healthy choices the easy choice for the health of our employees, members, partners and participants,

Whereas

Healthy food choices such as fruits, vegetables, whole grain breads and pastas, and protein-rich foods and water are better choices for good health and contributes to positive well-being, preventing many diseases. Heart disease, cancer and stroke—the top three causes of death nationwide are largely affected by what we eat and how active we are;

Whereas

The workplace is an important setting in which people can increase their intake of healthy foods to benefit their health and protect against illness. A healthy, balanced diet also helps people to recover more quickly from the illnesses they may get.

Whereas

The food we eat, and what we drink, not only have a physical impact on our body, but can also contribute to our mental health, resulting in improved levels of concentration, mental alertness and ability to cope with everyday stresses and strains.

Whereas

Provision of space will be free from smoke and employ environmentally-friendly practices

Therefore

Effective August 15, 2011, it is the policy of NNPHI that all activities and events (meetings, conferences, catered events, etc.) sponsored or supported by this organization will always support opportunities for healthy environments around foods, environmentally friendly practices and smoke free areas by:

- Purchasing and serving one or more of these healthier items:
 - Water
 - Fruits and/or vegetables—Examples include fresh, frozen, canned or dried fruits (such as grapefruit, oranges, apples, raisins or 100% fruit juices), and fresh, frozen, or canned vegetables
 - Foods made from grains (like wheat, rice, and oats), especially whole grains—Examples include whole-wheat crackers, bread and pasta; whole-grain ready-to-eat cereal; baked tortilla chips; pita bread
 - Low-sodium, lower fat, and lower calorie foods
 - Serve health-appropriate portions (e.g. cut bagels in halves)
 - Identifying healthy eating opportunities
 - Examples include identification of restaurants, and caterers, where healthy food choices are readily available.
 - Providing encouragement from group leadership to enjoy healthy foods
 - Examples include community promotion of healthy lifestyles, group leadership being role models for healthy food choices.
 - Secure smoke-free space
 - Employ environmentally responsible practices including recycle bins provided and accessible to participants
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Sample Menu



Try these	Instead of these	Other Tips
B e v e r a g e s		<ul style="list-style-type: none">• Ask for fat and calorie counts by serving size• Order healthy portion sizes or ask for foods to be cut in a different size• Select dishes with 12-15 grams of fat or less• Include at least one vegetable• Serving baked, broiled, or oven-fried chicken or grilled fish• Avoid large-size bottles of non 100% juices or sodas• Avoid fried foods• Consider making meat the option to a vegetarian meal vs the other way around
<ul style="list-style-type: none">• Chilled water, sparkling water, use pitchers rather than bottles• Assorted 100% juices• Milk (include skim)• Soy beverage• Coffee (regular & decaf), milk available• Tea (regular & decaf)	<ul style="list-style-type: none">• Soda (sugar or diet)• Half and half for coffee and tea	
B r e a k f a s t		
<ul style="list-style-type: none">• Fresh fruit (whole or assorted)• Yogurt• Granola• Oatmeal, cinnamon, brown sugar• Bagels—3-1/2" diameter or less or whole grain toast<ul style="list-style-type: none">• serve with low-fat cream cheese, jam or jelly, peanut butter• Muffins—small or mini (5g fat or less/muffin)• Fruit bread (5g fat or less/1 oz slice)• Granola bars—low-fat (5g fat or less/bar)• Wholegrain breakfast cereals,• Boiled, poached or scrambled (no cream or butter) eggs	<ul style="list-style-type: none">• Limit sausages and bacon• Avoid “regular” or large portion sizes of muffins and bagels	
L u n c h e s		
<ul style="list-style-type: none">• Include at least one vegetable taking up ¼ to ½ of the plate• Oven-baked, roasted, grilled, boiled, stewed or poached foods• Lean meats, fish and poultry with skin removed• Wholegrain pasta• Whole grain bread;• Tomato based sauces• Brown rice• Legumes including canned beans, dried peas, dried beans, chickpeas & lentils• Sherbet or sorbet, fruit toppings on dessert (angel food cake)	<ul style="list-style-type: none">• Try to limit fatty meats• Processed meats, such as salami and sausages• Cream or butter based sauces limit deep fried foods• Ice cream	
S n a c k s / B r e a k s		
<ul style="list-style-type: none">• Assorted fruit ideas: blueberries, mangos, bananas, strawberries• Fruit yogurt dip with fresh fruit• Assorted vegetable ideas: spinach, broccoli, carrots, celery, cauliflower, baby tomatoes, peppers• Raw vegetables—cut up and offered with fat-free or low-fat dressing• Bananas or celery with peanut butter• Whole grain breads• Dark chocolate peanut butter cup• Energy bars• Dried fruits• Plain, unsalted nuts• Pretzels—served with mustard dip• Tortilla chips—baked and offered with salsa• Popcorn—lower-fat (5g fat or less/serving)• Whole-grain crackers—(5g fat or less/serving) and cheeses	<ul style="list-style-type: none">• Cookies in the afternoon (white flour & simple sugars)• Try to limit sugary, salty and fatty snack foods, such as party pies and fried spring rolls• Crisps, cakes, pastries and sweet biscuits• Foods with added salt (salted nuts)• Oily chips	

References & Resources

Try these	Instead of these	Other Tips
Negotiation Tips		
•	•	•

- a. Food for Thought – White Paper
http://www.conferencecenter.com/media/docs/pdf/FoodforThought.pdf?utm_source=SocialMediaWebsite&utm_medium=Meeting%2BDiscoveries&utm_campaign=Food%2Bfor%2BThought
- b. NACCHO- Statement of Policy, Menu Labeling, Trans Fats and Salt
<http://www.naccho.org/advocacy/positions/upload/09-11-Menu-Labeling-Trans-Fat-Salt.pdf>
- c. Healthy food Policy in the Workplace
http://www.homefamily.net/index.php?/categories/foodnutrition/healthy_food_policy_in_the_workplace/
- d. Heart Foundation- Healthy workplace catering
<http://www.heartfoundation.org.au/SiteCollectionDocuments/workplace-catering.pdf>
- e. Eat Smart North Carolina: Guidelines for Healthy Foods and Beverages at Meetings, Gatherings and Events
<http://www.eatsmartmovemorenc.com/HealthyMeetingGuide/HealthyMeetingGuide.html>
- f. Healthy Eating Workplace checklist (BlueCross BlueShield of Minnesota)
http://www.co.carver.mn.us/departments/PH/docs/HE_Checklist_BCBS.pdf
- g. ASTHO Healthy Food Policy
<http://www.astho.org/Display/AssetDisplay.aspx?id=6288>
- h. CCOHS
http://www.ccohs.ca/oshanswers/psychosocial/healthyeating.html#_I_7

What are some tips for snacks to keep at work?

Store in your desk or locker	Store in the lunchroom fridge	On the Road
<ul style="list-style-type: none"> • Crackers • Dried fruit / Canned fruit • Juice box • Rice cakes • Cereal • Granola bars • Peanut butter • Canned fish 	<ul style="list-style-type: none"> • Bagels / Bread • Bran muffins • Yoghurt • Cottage cheese • Fresh fruit • Raw vegetables • Cheese • Milk • Salad greens 	<ul style="list-style-type: none"> • Baby carrots • Celery sticks • Bagel bits • Rice cakes • Apples • Crackers • Pretzels

(From: the Dietitians of Canada "[Nutrition to Go! Away from Home](#)")

How can meetings and other work functions help employees gain healthy eating habits?

Situation	Try to Limit	Try Instead
Meetings	<ul style="list-style-type: none"> • Donuts • Large muffins • Cookies • Tea and coffee with cream 	<ul style="list-style-type: none"> • Small muffins • Bagels • Scones • Tea biscuits • Fresh fruit • Juices / Water • Milk
Vending machines / Catering Trucks	<ul style="list-style-type: none"> • Danish • Chocolate bars • French fries • Pop • Chips 	<ul style="list-style-type: none"> • Juices / Water • Pretzels • Sandwiches • Milk • Soup • Fruit • Cereal boxes • Yoghurt • Whole grain breads
Hectic Schedule / Long Hours	<ul style="list-style-type: none"> • Chips • Cookies • Coffee with cream • Hot dogs • Pizza with double cheese and pepperoni 	<ul style="list-style-type: none"> • Fresh fruit • Muffins • Vegetable sticks • Salads with lower-fat dressing • Lean sliced meats • Milk • Yoghurt
On the road / Lunch Meetings	<ul style="list-style-type: none"> • Chips • Fried foods • Large burgers • Salads loaded with dressing 	<ul style="list-style-type: none"> • Small plain burgers • Bagels • Cereal bars • Crackers and cheese • Juice / Water • Turkey sandwiches • Pizza with ham and vegetables