



# Eat Smart Meet Smart

## CERTIFICATION

is committed to improving the health of our employees and anyone who participates in our meetings, events or conferences, and to modelling healthy choices as outlined in the **Eat Smart, Meet Smart** guidelines.

This meeting follows the **Eat Smart, Meet Smart** guidelines by providing a variety of tasty and nutritious food and drink choices, such as:

- vegetables and fruit
- wholegrain breads, bagels, muffins and crackers
- water
- low-fat milk and alternatives, such as yogurt and cheese, and
- low-fat meat and alternatives, such as fish, lentils, tofu and legumes.

### AND BY:

- serving smaller portion sizes
- taking into account local or cultural eating preferences
- featuring locally available food choices whenever possible
- ensuring safe food handling practices, and
- providing physical activity breaks where appropriate.

AUTHORIZED REPRESENTATIVE:

DATE:

The following partners of the Western and Northern Canadian Collaborative for Healthy Living support healthy lifestyle choices by promoting healthy meetings through the Eat Smart Meet Smart guidelines. This certificate is not an endorsement by any government for individual organizations who use these guidelines.

