



Eat Smart Meet Smart

How to Plan and Host Healthy Meetings,
Events and Conferences

Healthy Meeting Order Sheet

Afternoon Snacks

MEETING/EVENT/CONFERENCE:

DATE:

NUMBER OF PARTICIPANTS:

FRUIT

- Whole
- Sliced/skewers
- Salad
- 2% or less yogurt dip

VEGETABLE TRAY

- Low-fat dip
- Hummus

LOW-FAT CHEESE TRAY

- Less than 20% milk fat
- Wholegrain crackers

WHOLEGRAIN TORTILLA CHIPS

- Salsa
- Blackbean dip

**UNSALTED, RAW OR ROASTED
(in cups):**

- Nuts/seeds
- Trail mix

WATER

2% OR LESS MILK

- White
- Chocolate

**100% FRUIT JUICE
(maximum 250mL servings)**

- Orange
- Apple
- Grapefruit
- Assorted

**100% VEGETABLE JUICE
(maximum 250mL servings)**

- Tomato
- Assorted

COFFEE AND TEA

- Regular and decaf coffee
- Regular and herbal tea
- 2% or less milk
- Sugar and sugar substitute