

Sandwich Ideas

- Choose whole grain* breads, pitas, wraps, or buns.
- Choose only lean luncheon meats such as roasted versions of beef, chicken, turkey or ham.
- Always include a vegetarian option egg, tuna, salmon, hummus, falafel, low fat cheese (20% MF or less), grilled or roasted veggies (offer egg, tuna or salmon made with lower-fat mayonnaise).
- Include a selection of cheeses, especially lower fat varieties (20% MF or less).
- Offer toppings of shredded lettuce, mixed greens, chopped tomatoes, onions, peppers or cucumbers, grilled or roasted veggies, chopped apple.
- Ask for sandwiches to be made with little or no mayonnaise, butter or margarine. Offer mustard, chutney, relish and hummus as alternatives.



- * When selecting granola bars, cereal bars, muffins and crackers choose items that:
 - ✓ Contain whole grains (refer to the ingredient list for the words "whole grain" or "whole wheat with the germ added e.g. whole wheat flour" vs "wheat flour"; whole grains should be the first or second ingredient)
 - ✓ Provide a source of fibre (2g or more per 30g serving)
 - ✓ Are lower in fat (3-5g of fat or less per 30g serving)

Practice safe food handling: Foods should be covered for transport and kept at safe holding temperatures. Serve food within 30 minutes after food arrives. Refrigerate leftovers within two hours of serving. Ensure appropriate hand washing and proper serving/dispensing utensils are used.

Ensure employees have access to eating areas that are clean and attractive to encourage employees to eat away from their work spaces. These eating areas should be equipped with a refrigerator, microwave and a hand washing sink.



Our workplace encourages the use of these guidelines for all internal and external functions and meetings and those that involve external partners. These guidelines are intended to be a practical tool. By following these guidelines, you can help to improve your own health and the health of your co-workers.



Adapted from: Guidelines for Offering Healthy Food at Meetings and Catered Events, Region of Waterloo Public Health; Guidelines Offering Foods for Meetings, Seminars and Catered Events, Healthy Living Niagara, Student Nutrition Program Nutrition Guidelines, Ministry of Children and Youth Services, June 2005; Graphics and artwork by Mary-Ann Kasala - Simcoe Muskoka District Health Unit.

Guidelines for Offering Healthy Foods at Meetings and Functions



Our workplace is committed to encouraging good health. Workplaces are in a position to significantly influence food choices, lifestyle and environments by increasing healthy eating options and decreasing barriers. We have the opportunity to help others make the healthy choice the easy choice.

