

## Finding a Healthy Caterer



The purpose of this survey is to assist worksites in finding caterers that offer healthy options for meetings, conferences or special events. The questions could be asked when talking with a potential caterer or reviewing a menu.

1. Do you offer the following options on your catering menu?
  - Items that are baked, broiled, steamed or grilled
  - Baked potatoes with toppings on the side
  - Steamed or raw vegetables
  - Broth-based soups
  - Whole grain breads, not buttered
  - Lean cuts of meat
  - Salads prepared with low-fat/non-fat dressing
  - Entrees prepared with tomato-based or non-cream sauces
  
2. Do you offer the following fresh fruit and/or vegetable options on your catering menu?
  - Fresh fruit trays
  - Vegetable trays
  - Vegetable salads
  - Mixed greens/tossed salad
  - Steamed vegetables
  
3. Do you offer the following beverage options on your catering menu?
  - 100% vegetable or fruit juice
  - 1% or skim milk
  - Bottled water
  
4. Do you offer the following serving size options on your catering menu?
  - Small bagels (3 ½ " or smaller)
  - Small muffins (2 ½ " or smaller)
  - ½ size sandwiches
  - ½ size entrée portions
  - ½ size salad portions
  - Small cookies (2 ½ " or smaller)
  - Small pieces of cake (2" square piece)
  
5. Do you provide the following box lunch options on your catering menu?
  - Sandwich without chips
  - Sandwich without a cookie
  - Sandwich with fresh fruits/vegetables
  - Whole grain bread
  - Pasta, potato or coleslaw salads prepared with low-fat dressing

6. Do you offer the following condiment choices on your catering menu?
- Low-fat cream cheese
  - Low-fat/fat-free salad dressing
  - Low-fat/fat-free mayonnaise
  - Low-fat/fat-free margarine
  - Low-fat/fat-free sour cream
  - Mustard/ketchup
  - Jam or jelly
  - Salsa
7. Do you offer dressings and condiments on the side?
- For sandwiches
  - For salads
8. Do you offer low-fat vegetarian entrée choices on your catering menu?
- Yes
  - No
9. Do you offer the following snack options on your catering menu?
- Pretzels
  - Low-fat yogurt
  - Plain or low-fat popcorn
  - Baked chips
10. Can you provide calorie and fat information on your standard menu items?
- Yes
  - No
11. Do you cater to the following group sizes?
- 25 or less
  - 26-50
  - 51-100
  - 101 or more

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