

Healthy Catering Strategies

Food is often available at worksites, whether it is in meetings, at catered lunches, or sitting in a candy jar on a co-workers desk. The following strategies will help your worksite have healthier options available.

Getting Started

- Meet with the person in your organization responsible for ordering food for meetings and other events.
- Use the caterer survey to be selective about choosing a caterer who can provide healthy options.
- Create a wellness committee to oversee healthy changes in catering at work

Making Changes

- Talk to caterers about providing nutrition information by all food products brought in to your facility.
- Display employee educational materials to empower employees to make healthier choices
- Adopt a healthy catering policy and share it with potential caterers. If the prospective caterer can comply with the policy, request that they submit a detailed menu and budget.
- Gather support from other employees by creating a simple survey about the desire for healthy foods. Share the results with management.

Raising the Bar

- Adopt a healthy food environment policy for all foods in the workplace.
- Form a list of caterers approved by your organization
- Develop a quality assurance process to ensure that all foods brought in meet your company's healthy catering policy.
- Ensure there is space for employees to bring in their own food and not have to rely on eating out (i.e. a refrigerator and microwave).

Cater to Health Resources

Cater to Health provides resources for employers to create a nutrition environment that is supportive of healthier food choices and lifestyles for employees. Find additional resources on creating a healthy food environment in the workplace on the Cater to Health website.



www.eatwellworkwell.org

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