



Canadian Société
Cancer canadienne
Society du cancer

Healthy Meeting Guidelines

Overview:

Up to 35% of all cancers can be prevented by being active, eating well and maintaining a healthy body weight. Creating supportive environments, at work and at home, that make healthy choices easy can have a positive impact on health. Promoting a healthy work environment by addressing healthy eating and physical activity during meetings demonstrates a commitment to the Canadian Cancer Society mission of eradicating cancer and is one more way to fight back against cancer.

Canadian Cancer Society Healthy Meeting Principles:

- ✓ Provide eating and activity options appropriate to diverse cultures
- ✓ Follow [Canada's Food Guide](#): plan meals that include options from all four food groups
- ✓ Provide physical activity options that support differing abilities and activity levels
- ✓ Let participants know the physical activity during a break is voluntary
- ✓ Let people move at their own pace

Canadian Cancer Society Cancer Prevention Messages:

- ✓ Eat a variety of vegetables and fruit
- ✓ Limit red meat and processed meats
- ✓ Use less salt and sugar
- ✓ Select high fibre foods
- ✓ Choose healthy fats
- ✓ Limit alcohol
- ✓ Find fun and easy ways to add physical activity into your day

For more information healthy, refer to www.cancer.ca.

Guidelines:

When planning meetings, refer to the Canadian Cancer Society's "Healthy Meeting Guidelines" to assist in making healthy food choices and providing activity options to participants. These guidelines are in alignment with the [Canadian Cancer Society healthy eating messages](#) and [Canada's Food Guide](#).

a) Healthy Eating

Creating an environment for healthy eating is a key way to promote health within the workplace and our communities. The purpose of these guidelines is to provide options for healthy food and beverage choices at meetings and functions. Listed below are a number of healthy options to choose from.

Caterer

- ✓ Share the Healthy Meeting Guidelines with the caterer

Beverages

- ✓ fresh water
- ✓ 100% real fruit juice
- ✓ 2%, 1% or skim milk or fortified beverages (e.g. soy drink)
- ✓ skim milk in addition to cream for coffee and tea
- ✓ decaffeinated coffee/tea

Breakfast

- ✓ Fresh fruit
- ✓ Whole grain breads/toast/ flat breads (butter/margarine on the side)
- ✓ Bagels – variety of whole grain options and sizes (e.g. quarter or half)
- ✓ Mini bagels and muffins instead of larger ones
- ✓ Lower-fat muffins
- ✓ Hot/cold whole grain cereal
- ✓ Lower-fat cooking methods for meat alternatives e.g. poached, soft boiled or hard boiled eggs, baked beans
- ✓ Lower-fat cheese or yogurt

Sandwiches

- ✓ Sandwiches on an assortment of whole grain breads (whole grain, whole wheat, multi-grain rye), pita, roti, tortillas and rolls
- ✓ Limit processed luncheon meats
- ✓ Lower-fat sandwich fillings (egg, tuna, salmon with lower fat mayonnaise)
- ✓ Lean roast beef, turkey, chicken, ham or lower-fat cheese
- ✓ Vegetarian fillings (refried beans, cooked lentils, grilled vegetables, grated vegetables)
- ✓ Butter or margarine on the side
- ✓ Mustard, chutney, relish and hummus as alternatives
- ✓ Toppings of lettuce, tomatoes, green/red peppers and other vegetables

Main Dishes

- ✓ Offer meatless dishes e.g. vegetarian lasagna, pizza or grilled vegetable sandwich, rice casserole
- ✓ Choose meat, fish, poultry, lentils, beans or vegetable dishes that are broiled, roasted or steamed instead of fried
- ✓ Limit the size of main course items
- ✓ Choose broth, vegetable or cream soups made with milk instead of cream
- ✓ Request vegetables be made / served without added fat
- ✓ Choose entrees in tomato based sauces rather than cream, butter or cheese sauces
- ✓ Serve vegetables with low-fat dip instead of butter or cream sauce

Salads / Crudities

- ✓ Dips made with plain yogurt or light sour cream
- ✓ Include lower-fat dressings or serve dressings on the side
- ✓ Vegetables and fruit salads
- ✓ Green salads
- ✓ Whole grain pasta salads with low fat dressing
- ✓ Bean salads

Deserts

- ✓ Fresh fruit or fruit salad (Ontario seasonal fruits if possible)
- ✓ Lower-fat yogurt
- ✓ Whole grain cookies (such as oatmeal)
- ✓ Frozen yoghurt
- ✓ Sorbet
- ✓ If serving cake for a celebration, offer fruit along with it.

Snacks (Nutrition Breaks)

- ✓ Fruit tray
- ✓ Raw vegetables – with dip (e.g. salsa, hummus, yogurt dip)
- ✓ Lower- fat yogurt
- ✓ Hummus and pita bread
- ✓ Lower-fat muffins
- ✓ Lower-fat cereal bars and granola bars (lower sugar content)
- ✓ Lower-fat cheeses
- ✓ Light popcorn (low salt)
- ✓ Plain cookies (ginger snaps and digestives)
- ✓ Instead of full-sized products, choose mini-muffins or mini-bagels
- ✓ Whole grain crackers and cheese
- ✓ Trail-mix (nuts, seeds and whole-grain cereals)
- ✓ Tortillas and bean dip

b) Physical Activity

If the meeting is two hours or more, include a physical activity break.

- ✓ Include gentle stretching
- ✓ Play music and inspire people to move
- ✓ Replace a coffee break with a walking break
- ✓ Have a walking meeting (“walk and talk”)
- ✓ Climb stairs