

Eating Healthy Together (EHT) – Catering Guide

To support the Eating Healthy Together initiative at Thunder Bay Regional Health Sciences Centre to ensure that healthy food is being served to our staff and guests.

- This guide is a resource to compliment the Thunder Bay Regional Health Science Centre Eating Healthy Together Nutrition Standards and is to be used for all on-site events for both staff and visitors including but not limited to on-site lunches, retirements, holiday teas/events, staff appreciation, bake-sales, and external vendor meetings (i.e. pharma company lunches).
- This guide is not mandatory for off-site events but is encouraged to be followed if possible.
- Eating Healthy Together does not include items brought from home to share with staff (i.e. staff potlucks or birthday cake).

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Planning

- Consider how many people are going to be attending the meeting or event.
- Are food or beverages required?
- If yes, ensure a couple of food options are available with one being vegetarian (applies for snack breaks as well).
- Identify where the food will be stored and how it will be served.
- Ask all individuals attending about food allergies and dietary restrictions.
- Is this an event where Catertrax is a good option? (All products served through Catertrax will fit within the Eating Healthy Together Nutrition Standards).

Beverages

- Offer pitchers of ice water at all events as the primary beverage option.
- Serve coffee or tea black with condiments that can be added separately.
- Naturally flavoured sparkling water or plain milk/soy milk are also good options to add variety.
- Sugar-sweetened beverages are not permitted, a current exception for chocolate milk/soymilk and juice, in small quantities.

Breakfast

- Offer yogurt or eggs (hard-boiled, scrambled, etc) as a source of protein, for example.
- Hot oatmeal or cold cereals can be offered as long as they are whole grain, with condiments on the side (such as fruit, yogurt, or honey available to be added).
- Opt for lean meat options like chicken or ground turkey as part of a breakfast sandwich or wrap (processed breakfast meat, like bacon or sausage (any variety), are not permitted).
- Provide sliced cheese (higher than 15% calcium) such as Kraft cheddar cheese to

go with eggs or bread.

- Have whole fruit available (apples, bananas) or unsweetened fruit cups.
- Offer whole grain bagels/bread with condiments like peanut butter, on the side.

Lunch/Dinner

- Provide house made dishes with local ingredients when possible (avoid pre-made entrees that are higher in fat and sodium).
- Deep fried foods, or items browned in oil are not permitted. Ensure vegetables and fruit are offered with every meal (preferably as the main part of the meal).
 - Opt for roasted, steamed, or raw options with limited oil, sauces, and salt added.
- Offer lean meats like poultry or extra lean beef meatballs over fattier meats.
 - All meat must be free of nitrates (e.g. no lunch meat or sausages).
- Consider offering plant based protein options such as tofu, legumes or lentils.
- Provide lower sodium fish that has not been browned in oil or deep-fried.
- Provide whole grain options like brown/wild rice, quinoa, or whole grain bread to be served with meals.
- Offer salad with meals, with dressing and condiments on the side if possible.
- Choose for homemade soups, however if unavailable choose low-sodium pre-made options with whole grain noodles/whole grain rice.

Desserts

- Offer fresh fruit on platters or in small individual dishes.
- Provide yogurt with options for toppings like berries, whole grain granola, and/or nuts and seeds.
- Serve baked goods that are made with whole grain flour and free from candied toppings (e.g. chocolate chips) or icings. For example, whole grain muffins/cookies.

Other

- Have fruit or vegetable trays available when ordering smaller meals and snacks.
- Unsalted, no added sugar nuts or dried fruit can accompany any meal or as a snack.
- Offer all condiments and sauces on the side with smaller portions (<18mL sizes) when available.
 - Use 'No Added Sodium' or 'low sodium' versions of foods and ingredients (e.g. condiments such as soy sauce) when available.
- All items must be free from artificial sweeteners (including condiments and sauces).

For more information on Eating Healthy Together visit www.tbrhsc.net/eh

For more information on specific nutritional information or food products, contact eatinghealthytogether@tbh.net

For more ideas on what to serve see the Eating Healthy Together Sample Menus (attached)