FOOD IDEAS TO SERVE IN YOUR WORKPLACE

This resource was developed to provide ideas when purchasing foods and beverages for meetings and events.

Beverages

- Tap water
- Unsweetened milk or fortified soy beverage
- Coffee or tea, caffeinated and decaffeinated

Foods

- The Eat Well Plate demonstrates an example of proportions to aim for at meals and snacks to provide nutritional balance and variety.
- Consider locally grown/prepared and seasonal foods when possible. Eating food grown closer to home may offer economic and community benefits.
- Choose culturally appropriate, inclusive and relevant foods for your audience.
- Choose products that minimize plastic packaging and food waste.
- Avoid labelling foods as healthy/unhealthy or good/bad.

Meal and Snack Ideas

Breakfast	• Fruit (whole, cut up) • Breads, bagels, bannock, muffins, English muffins* • Hot or cold cereal* • Crackers* • Pancakes or waffles* • Cheeses, yogurt, kefir, cottage cheese • Eggs (e.g. boiled, scrambled, poached, frittata with vegetables) • Peanut butter or other nut butters/alternatives
Sandwiches	• Breads, buns, or flatbreads (e.g. tortillas, naan, pita, roti)* • Plant based protein fillings (e.g. beans, lentils, tofu, hummus, falafel) • Vegetable fillings (e.g. lettuce, cucumber, tomato, peppers, grated vegetables) • Tuna, salmon, chicken, or egg salad • Chicken, turkey, pork (non-deli meat) fillings

** Choose or ask for whole grain products. The first ingredient listed should say "whole grain" (e.g. whole grain oats, whole grain wheat, etc.).*

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Sides	• Lettuce, vegetable, bean, fruit, or whole grain salads • Oil and vinegar-based dressings on the side • Soups (e.g. broth, tomato or milk based) • Fresh or cooked vegetables, oven roasted potatoes, whole or cut up fruit • Cooked whole grains (e.g. rice, couscous, bannock, quinoa, farro)
Mains	• Bean or chicken chili • Fajitas, tacos, quesadillas, or burritos* (e.g. bean, chicken, fish) • Stir-fry, curry, or stew (e.g. vegetable and tofu, chicken, or pork) • Dishes that are baked, broiled, grilled, roasted, stir-fried or steamed • Pasta dishes with tomato-based sauce • Pizza* with vegetable or chicken toppings
Snacks	• Whole or cut up fruit with yogurt dip • Yogurt or yogurt parfaits • Unsalted nuts and seeds • Cheese and crackers* • Hummus or bean dip with pita or crackers* • Raw vegetables with dip or hummus • Air-popped popcorn
Desserts	• Fruit (whole, cut up) • Yogurt parfaits • Loaves or muffins* (e.g. carrot, zucchini, banana) • Fruit or berry crisps

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For additional ideas and information, visit:

- UnlockFood.ca
- Canada's Food Guide
- Safe Food Handling Tips
- Understanding Food Labels
- The EAT-Lancet Commission on Food, Planet, Health

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