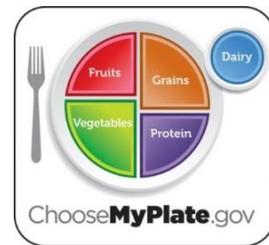


Guidelines for Healthy Gatherings

Columbus Public Health's Growing Healthy Kids Columbus Coalition recognizes that offering healthier food options and opportunities to be physically active at meetings, community events and celebrations contribute to a healthy lifestyle. We recommend using the following guidelines.



Guideline 1: Make Each Plate a Healthy Plate

It is important to eat a variety of foods throughout the day. At your next meeting or event make items available from each of the food groups to ensure attendees receive a well-balanced meal.

FRUITS

Opt for fresh, frozen or canned fruits instead of juice.

- Apples
- Blueberries
- Strawberries
- Melon
- Peaches
- Bananas
- Oranges

GRAINS

Whole grains are best. Look for the word "whole" as the first ingredient.

- Whole grain cereals
- Whole wheat breads and wraps
- Oatmeal
- Whole wheat pasta
- Brown rice
- Quinoa
- Granola bars

DAIRY

Choose low fat or fat free dairy options when possible.

- Unflavored milk
 - Cheese slices or cubes
 - Plain yogurt
 - Cottage cheese
 - Almond, coconut, rice and soy milk products *
- *non-dairy calcium alternatives

VEGETABLES

Opt for fresh, frozen or canned vegetables when possible.

- Carrots
- Celery
- Beans
- Broccoli
- Cucumbers
- Zucchini
- Sweet potatoes
- Leafy greens
- Peas

PROTEIN

Choose lean meats and meat alternatives to balance your meals.

- Beans
- Nuts
- Seeds
- Fish
- Eggs
- Chicken
- Hummus
- Lean beef

DIY POTLUCKS

Host a DIY Potluck for a fun twist.

- DIY Sandwich Bar
- DIY Pasta Bar
- DIY Salad Bar
- DIY Taco Bar
- DIY Chili Cook-Off / Bake Potato Bar
- DIY Yogurt Parfait
- DIY Trail Mix

Free printable sign-up sheets are available at: <https://columbus.gov/publichealth/programs/Healthy-Children-Healthy-Weights/Healthy-Celebrations-and-Snacks/>

* Please be aware of dietary restrictions, allergies and choking hazards.

Guideline 2: Make Snacks Count

Snacks are important in meeting our daily nutrient needs. MyPlate recommends that snacks contain at least two of the five food groups, such as whole grain crackers with cheese or apple slices with peanut butter. Use the chart above for suggested options or try one of these recipes:

TURKEY SUSHI ROLLS

- Whole wheat tortillas
- Plain cream cheese
- Fresh spinach
- Shredded carrots
- Turkey

Spread cream cheese on tortilla, layer on turkey, carrots and spinach. Roll tight and slice.

BLACK BEAN SALSA

- 1 can corn, drain and rinse
- 1 can black beans, drain and rinse
- 1 can diced tomatoes
- Baked whole grain corn chips

Mix vegetables in a bowl and serve.

APPLE YOGURT

- Diced apples
- Plain yogurt
- Granola
- Raisins

Combine and enjoy.

Guideline 3: Water First for Thirst

Water is the original sports drink and our body depends on it. Make water the easy choice by having it readily available.

- Place water pitchers and cups on each table.
- Serve only water and unsweetened beverages.
- Add flavor with fresh fruit and herbs, such as lemon and limes or fresh mint.



Guideline 4: An Hour a Day to Play

Including physical activity at meetings and events allows attendees to stay attentive and engaged. Here are a few activities to try:

5 MINUTE STRETCH BREAK

- Toe touch
- Side stretch
- Trunk twist
- Shoulder rolls
- Neck stretches

5 MINUTE ACTIVE BREAK

- Side bends
- March in place
- Jumping Jacks
- Squats
- Large arm circles

AS IF... act out the following:

- Run in place **as if** a bear is chasing you.
- Jump in place **as if** you are popcorn popping.
- Reach up **as if** you are grabbing balloons from above.
- Paint **as if** the paint brush is attached to your head.
- Move your feet **as if** you are ice skating.
- Shake your body **as if** you are a wet dog.

Guideline 5: Healthy Celebrations

When planning your next celebration or gathering go beyond just food.

- Plan an activity or game that gets people up and moving, such as charades or a scavenger hunt.
- Play music and have a dance party or learn a new line dance.
- Have an arts and crafts table.
- If there are children, read a book about what you are celebrating.
- Move the group outside and take a walk.



Additional Resources for Planning Your Healthy Gathering:

American Cancer Society Meeting Well Guidebook at: <http://bit.ly/1YuvuLZ>

Center for Science in the Public Interest Healthy Meeting Toolkit available at: <http://bit.ly/1NPoylc>

OSU Extension Healthy Eating at Meetings Guidelines available at: <http://bit.ly/1P9MDZS>

U.S. Department of Agriculture's Choose MyPlate at: www.ChooseMyPlate.gov

National Heart Lung and Blood Institute, recipe books available in pdf at: <http://1.usa.gov/1RH54og>