



Eat Smart Meet Smart

How to Plan and Host Healthy Meetings,
Events and Conferences

Healthy Meeting Policy

Whereas:

_____ is concerned about the health of the people who work here or participate in our meetings, events or conferences.

Whereas:

People have become more and more interested in eating nutritiously and moving more.

Whereas:

Heart disease, cancer and stroke – the top three causes of death in Canada – are significantly affected by what we eat and how active we are.

Whereas:

Foods that are low in fat, sugar and salt, such as vegetables and fruits, have – along with physical activity – been proven to help prevent many diseases.

Therefore:

It is the policy of _____ that whenever food and beverages are served at our meetings, events or conferences, the choices will include:

REQUIRED:

- Vegetables and/or fruit
- Water

OPTIONAL:

- Wholegrain breads, bagels, muffins and crackers
- Low-fat milk and alternatives, such as yogurt or cheese
- Low-fat meat and alternatives, such as fish, lentils, tofu and legumes

And that we will take into account local or cultural eating preferences, feature locally available food choices, and incorporate physical activity into our meetings, events and conferences whenever possible.

SIGNED:

TITLE:

DATE: