



Healthy Celebrations and Potlucks

There are many reasons to celebrate at work -- accomplishments, milestones, holidays, birthdays, or just Wellness Wednesdays! With good planning, these celebrations can be fun, provide much needed relaxation breaks from work, and serve as an opportunity to practice healthy eating. Use these tips to make your celebrations and potlucks healthy!



» Host a Build Your Own Salad (B.Y.O.S.) potluck. Everyone brings a salad ingredient to create a bountiful meal to share together. Or, set out all the ingredients as a salad bar.



» Assign several participants to bring colorful vegetables and fruit so there is a variety of fresh produce.

» Serve veggie platters with hummus or guacamole, both sources of healthy fats.



» Buy organic ingredients, especially for those on the Dirty Dozen list: apples, strawberries, grapes, celery, peaches, spinach, cucumbers, cherry tomatoes, and potatoes and sweet bell peppers.



» Make a better pasta or potato salad – load up the vegetables and use a vinegar-based dressing rather than a creamy one.

» Have a yogurt parfait social with plain Greek yogurt, fresh fruit toppings and granola or nuts.



» Offer a spa water bar with cucumber and citrus slices, or whole strawberries.

» Offer seltzer water with a splash of 100% fruit juice.



» Eliminate or minimize treats with added sugars. Plan desserts of whole fruits or make fruit kebobs.

» Swap out the cookies and cakes for these ideas:

- » Drizzle sliced apples with melted peanut butter and dark chocolate
- » Make a no-bake watermelon cake
- » Purchase a fruit bouquet

» Make fresh popcorn on the stove or air pop in a paper bag in the microwave. Sprinkle with paprika and salt for a healthy, delicious, non-processed, and inexpensive snack. Provide reusable cups for serving.

» Make food look festive! Sprinkle sliced almonds, green onions, coconut, or herbs to garnish.

» Bring copies of recipes to share.

» Reduce the waste -- ask everyone to bring their own reusable drink container and silverware, whenever possible.

» Make our simple, no cost Healthy Meeting Centerpieces that promote healthy vegetables and grains. They can stand alone, or place a vase with herbs, wheat, or flowers in the center (see Resources page.)

» Include a game, activity such as dancing or Instant Recess, or an ice breaker.