

## Healthy Refreshments for School Meetings and Events

Family barbeques, school council meetings, holiday concerts and fairs... schools host many meeting and events! Offering healthy choices at these events supports a healthy school nutrition environment. Why not bring a tasty and nutritious snack or beverage to the next school meeting or event? Many school community members try to eat well. Others may have to eat healthy to control blood pressure, diabetes, cholesterol, or weight.

All will appreciate and benefit from the healthy food and beverage options.

For the next school meeting or event, try:

- Fresh fruit platter with vanilla yogurt for dipping
- Whole grain crackers, lower-fat cheese cubes and grapes
- Air popped popcorn and fresh fruit
- Whole grain muffins and mandarin oranges
- Fresh vegetable platter with hummus or other low-fat dip

Together we can make the healthy choice the easy choice!

Revised from Nutrition Tools for Schools© 2007  
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