

The background of the slide is a vibrant, close-up photograph of several orange slices. The slices are arranged in a slightly overlapping pattern, showing the bright orange pulp and the white pith. The lighting is bright, creating a warm and energetic atmosphere.

Meeting Well

**Empowering YOU to assist in making
healthy options a reality at your next
meeting/function**

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Objectives

Add balance, variety and moderation to work catered meetings and events

How to influence the menu when you are or not planning the event.

Learn what some options are for making a meal better for you



**WHY DOES THIS
MATTER TO ME?**

LEAD

“L” – Live Our Purpose actively participate in efforts to live our company’s purpose advancing a culture of health that supports employees.

“E” – Engage with People Act as both a motivator and a catalyst for change to help employees achieve healthier lifestyles.

“A” – Adapt for The Future Offer feedback to the Motiva team about workplace culture and offer ideas and suggestions that are unique to their division/team to continuously improve employee well-being.

“D” – Drive Results a crucial role by providing measurable results linking the health and well-being program to proven business outcomes.

How To Change?

LEAD Meeting Well

You have the power to request menu options not on the catering menu – reach out to your Catering Supervisor for suggestions

Make sure that options focus on variety and have input from everyone

Request 5 min. stretch break for every hour of meeting

Request that the meetings include 4 min meditation

Request that the meetings include resources

Be a well-being advocate at your catered meetings and events



variety

balance

moderation

VARIETY

Consider asking for

- Lots of fruits and vegetables
 - Can you double the veggies in our egg scramble or hashbrowns?
 - Can you double the veggie crudité with our hummus break?
- Whole grains
 - May we have white AND brown rice?
 - Can we have whole wheat bread in addition to our breakfast pastries?
- Vegetarian options
 - Is there a tofu scramble option for our breakfast tacos?

If you aren't sure what to ask for, let your catering host/hostess know you are looking for healthier options. They can help!

BALANCE

Consider asking for

- Wellness options in addition to traditional items
 - Chips & Dip → Chips + Crudité & Dip
 - Water & Soda → Water + Unsweetened Tea & Soda
 - Sandwiches & Salads → Mayo, Cheese, & Dressing on the side + double lettuce & tomato
 - Cookies & Brownies → Fresh Seasonal Fruit + Cookies & Brownies
- A healthy vegetable with every meal



MODERATION

Consider asking for

- Order enough to fill yourself and your guests, but not so much that you are tempted to overindulge
 - If you are having a long meeting, ask that catering pickup occur ~1 hour after delivery
 - Or ask for to go containers and wrap up leftovers shortly after serving
- Practice portion control
 - Ask for smaller plates
 - Ask for portioned scoops to serve
 - Request smaller juices & sodas
 - Request mini bagels and pastries
- Be mindful of food waste



MEETING WELL IN ACTION

Old Breakfast Order for 10

- Scrambled eggs
- Roasted potatoes
- Bacon
- Biscuits, butter, jelly
- Juice
- Coffee, flavored creamer

- Scrambled egg whites or 50/50 whole eggs + whites
- Roasted potatoes w/ double peppers, onions
- Turkey bacon, turkey sausage, vegetarian sausage, or chicken sausage
- Fresh fruit
- Fruit infused water
- Coffee, 1% milk



MEETING WELL IN ACTION

Old Breakfast Order for 10

- Muffins, scones, breakfast breads, danishes
- Sliced fruit
- Coffee service
- Juice

New Breakfast Order for 10

- Housemade protein bites
- Seasonal sliced fruit, Greek yogurt
- Coffee service
- Infused water



More Healthy Breakfast

- Egg whites or 50/50 mix
- Greek yogurt parfaits
- Avocado toast bar – extra veggies, whole grain toast
- Breakfast tacos – corn tortillas
- Mini frittatas
- Hot oatmeal or overnight oat bar

Keep in mind, even if it's not on the menu, chances are, we can accommodate you. Just ask!



MEETING WELL IN ACTION

Old Lunch Order for 10

- Assorted pizzas
- Assorted sodas
- Brownies

New Lunch Order for 10

- Build Your Own Burrito Bowl with flank steak, chicken, tofu, black beans, brown rice
- Dispensed unsweetened tea and infused water
- Chocolate dipped fruit



MEETING WELL IN ACTION

Old Lunch Order for 10

- Pecan crusted chicken w/ poblano cream sauce
- Creamer potatoes
- Green beans almondine
- Dinner rolls, butter
- Brownies, Cookies
- Soda, iced tea

New Lunch Order for 10

- Almond crusted chicken breast
- Mashed sweet potatoes
- Steamed green beans
- Mini dinner rolls, butter
- Sliced fresh fruit
- Infused water



More Healthy Lunch

- Cold Lunch
 - Sandwiches – 4 Motiva Select
 - Salads – 1 Motiva Select
- Themed buffets
 - Taste of India
 - American BBQ

- Build Your Own
 - Poke Bowl
 - Burrito Bowl
 - Steakhouse Wedge Salad
 - Grain Salad Bowl
- Traditional Hot
 - 10 Motiva entrees
 - 12 Motiva sides

MOTIVA SELECT™

Healthy Breaks & Desserts

BREAKS

- Hummus Trio
- Baba Ganoush & Vegetables
- Fruit Cups
- Granola Bars

DESSERT

- Oatmeal Bars
- Fresh Fruit
- Mini Desserts

MOTIVA SELECT™



Healthy Beverages

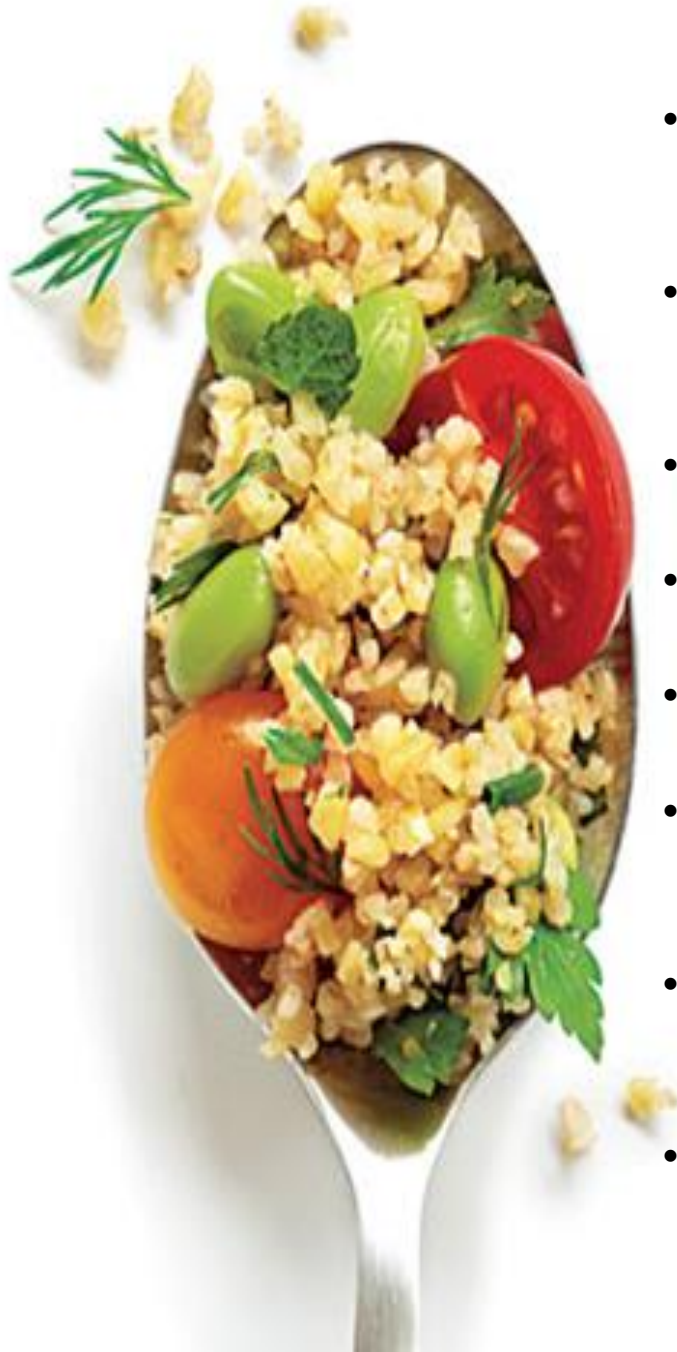
- Fruit infused water
- Bottled water
- Bottled sparkling water, plain & flavored
- Fresh brewed iced tea
- Bottled unsweetened tea
- Hot coffee – skim or 1% milk, soy or almond milk, non-nutritive sweeteners
- Hot tea – skim or 1% milk, soy or almond milk, non-nutritive sweeteners



A top-down view of a glass bowl filled with creamy hummus, garnished with olive oil and spices. The bowl is surrounded by fresh vegetables, including several whole and sliced carrots and large, vibrant green leafy greens, possibly Swiss chard or spinach. The background is a neutral, light-colored surface.

**THINGS YOU CAN DO
TODAY TO INFLUENCE
CATERING ORDERS**

How To Change?



- Consider NOT providing food at every meeting
- Offer only beverages at mid-morning and mid- afternoon breaks
- Provide less healthy options in moderation
- Serve food in smaller portions
- Rewarding differently- not always with food
- Incorporate a fun wellness activity in place of food/snacks at in between meal meetings
- Survey your employees to establish interest in healthy options- what do they want?
- Embed the message of well-being into each of your meetings- make it as important as the business of the meetings