

9 Hacks to a Healthier Meeting or Conference



With almost half of the average person's waking hours spent at work, there is no doubt that the workplace environment has an influence on employee health.

Many of those working hours are spent in meetings and at conferences where the food served typically does not support good health, and there is little opportunity for physical activity.



Establishing a workplace environment that supports healthier choices sends a message that your organization values the health of its employees.

Here are nine hacks to health-ify your next meeting.



1 | Serve fruit for dessert.

Fruit is a terrific way to satisfy a sweet tooth.

2 | Serve veggies with hummus instead of ranch dip.

The spread made from chickpeas is lower in calories and saturated fat and higher in fiber than ranch.



3 | Use smaller plates, bowls, and serving utensils.

Larger plates and utensils encourage larger portions.



4 | Offer infused water in place of soda and other sugary drinks.

Try adding lemon or cucumber slices to the pitcher, and make sure water is available at meetings.



5 | Place fruits and vegetables first in the buffet line.

Studies show that people are more likely to serve themselves whatever they see first.



6 | Organize a walking group during meeting breaks.

Setting aside time for physical activity promotes good health and improves employee productivity.



7 | Cut bagels into quarters.

Appropriate portion sizes of whole grain bagels can be part of a nutritious breakfast spread.



8 | Save money and reduce waste by ordering fewer portions than expected attendance.



For buffets, order for 80% of the number of attendees expected.



For receptions with hors d'oeuvres, order for 75% of the number of attendees expected.



For plated meals, you will need to order for the total number of expected attendees.



9 | Serve dressings and condiments on the side.

Too much dressing can add excess calories to an otherwise nutritious salad.