



TOP TIPS for meetings and events

Are your meetings and events fuelled by unhealthy food options like cakes and biscuits? These foods are not good for our health and are often not wanted.

Support your colleagues, teams and our residents by swapping these for healthy alternatives!



THINK FIRST!

Is it necessary to provide food for this meeting or event? Often, we snack out of habit or because of the 'food for reward' culture we live in, and not because we are hungry. **Could the cost of food be better used to support the borough's residents?**

If there is a need for you to provide food, then there are foods that help promote healthy and balanced choices more than others:

FOOD SWAPS

Pastries

Cakes

Biscuits

Hot drinks with caffeine or sugar



Fruit kebabs

Veg sticks and hummus

Pitta breads with hummus

Water, decaf or herbal tea options

If you have decided you need to provide food at your meetings, avoid foods that are high in sugar and fats and instead focus on:

- keeping attendees hydrated with fruits, cucumber and water that will keep them alert;
- providing brain boosting food such as hummus, roasted chickpeas, bananas and apples;
- keeping attendees energised with energy releasing carbohydrates such as crackers or breadsticks.

If you would like more information on how to change your meetings and events and to understand the effects food has on productivity click the link

<https://healthytelford.com/?p=16761> or scan the QR code for the Top Tips Blog



SCAN ME



When providing food, please be aware of allergens. For further guidance

visit: www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance

