



## Having a Healthy Get-Together



### **MAKE HEALTHY FOOD SHOPPING & CATERING EASY: IF YOU SERVE FOOD, OFFER FRESH, HEALTHY CHOICES.**

**REMEMBER - NOT ALL MEETINGS REQUIRE FOOD.** But if you do find yourself in charge of the food or snacks, the following tips may help to ease the stress.

- ◆ **Choose whole grain options.** When buying or ordering, be sure to ask for whole-wheat or whole-grain items.
- ◆ **Go for lean proteins.** Chicken, turkey, fish and beans are all good choices.
- ◆ **Always include fresh fruits and vegetables.** Choose in-season produce and don't be afraid to try new fruits and vegetables. Prepare them as side dishes.
- ◆ **Avoid soda and other sweetened beverages.** Instead serve unsweetened teas and coffees and always have water available to drink. Try serving infused water or flavored sparkling waters. Indian tea always tastes GREAT!
- ◆ **When making or ordering salads, be aware of the fat and extra calories.** Avoid salads made with mayonnaise. Also inquire about low-fat options for dressings, cheese, yogurt or cottage cheese and request dressing on the side.
- ◆ **Go light on the sweets.** Serve smaller sweets by cutting cookies, brownies, cakes, pie slices in half or quarters. Always offer fresh fruit as a dessert option.
- ◆ **Box lunches are another easy request.** Skip the potato chips and limit cheese. Substitute avocado or hummus for the mayonnaise and ask for lots of veggies on sandwiches.
- ◆ **Ask for reasonable portion sizes.**



## Having a Healthy Get-Together



### CATERING

Below is a list of caterers that offer some better food choices for meetings, classes or gatherings:

**Atrios Catering - (505) 298-4800**

[atrioscatering.com](http://atrioscatering.com)

Lunch Boxes with Sandwiches or Wraps

**Jan's on Fourth - (505) 350-0600**

[janson4th.com](http://janson4th.com)

Soups & Sandwiches

**Jason's Deli - (505) 821-7100**

[jasonsdeli.com](http://jasonsdeli.com)

Soups, Salads, Spuds & Sandwiches

**Keller's Farm Stores (505) 898-6121**

[kellersfarmsstores.com](http://kellersfarmsstores.com)

Fresh Fruit & Vegetable Platters

**Krazy Lizard - (505) 908-9711**

[krazylizardtaq.com](http://krazylizardtaq.com)

Taco/Burrito Boxes - choose the broiled chicken or Breakfast Burrito Boxes - ask to have burritos cut in half

**Whole Foods Market - (505) 856-0474**

[wholefoodsmarket.com](http://wholefoodsmarket.com)

Chicken Fajita or Chicken Taco Bar, Sandwiches, Wraps, Breakfast Bar or Breakfast Burritos