



# Guide to Healthy Meetings and Events

## **Lunch**

Venues: Costco, Safeway, Trader Joe's, Whole Foods



### **Costco Pre-Made Platters**

- Turkey and Cheese Roll-up Wraps
- Chinese Chicken Salad Kit

### **Safeway Deli Trays**

- All Rolled Up
- Pita Pocket Pleaser
- Signature Café Sandwich Tray (w/ Condiments Combo)
- Deli Counter Party Tray (w/Condiments Combo)
- Turkey Gobbler with Wheat Bread

### **Whole Foods Catering Menu**

- Tea Sandwiches
- Aram Sandwiches: turkey, smoked salmon, hummus & veggie, or grilled chicken
- Platters: Quesadilla, Grilled Vegetable, Crudités, Mediterranean, Poached Salmon Platter
- Vegetable Enchilada Casserole
- Grilled Vegetable Lasagna
- Salads: Chili Lime Basil Tofu, Field Greens w/ Spiced Nuts, Cabbage Crunch, Classic Greek, Spinach w/ Shiitake, Chinese Chicken, Asian Noodle, Spinach Orzo, Tofu Shiitake, or Mixed Greens
- Boxed Lunches: Classic (turkey or vegetable), The Whole Feast, Vegan, or Wrap

### **Sandwiches & Wraps**

- Make your own sandwich and wrap platters using the following:
  - Whole grains: Whole grain bread, wheat pita, whole grain tortilla wrap, wheat lavash wrap
  - Lean protein selections: turkey, roast beef, turkey pastrami, hummus, marinated tofu
  - Veggie toppings: grilled vegetables, lettuce, spinach, tomato, cucumber, onion, sprouts
  - Other: Jarslberg lite swiss or Alpine lite cheeses, avocado, vinaigrettes

### **Salads**

- Made-to-order or ready-made from the deli section: Look for cheese in a side container and vinaigrette/oil based dressings or low-fat creamy dressings. Choose salads with darker greens over iceberg.
- Make your own salad
  - Pre-washed/Pre-cut lettuce and vegetables
  - Croutons (fat free)
  - Pre-cooked chicken breast strips or salmon, vacuum packed tuna, baked tofu, or lean deli meat
  - Rinsed beans: garbanzo or kidney beans
  - Crumbled feta, parmesan, or blue cheese
  - Vinaigrette dressing or low-fat creamy dressing
  - Chopped nuts, fresh or dried fruit

### **Additional items**

- Costco *Dolma served with cucumber yogurt*
- Fundamental Foods Ready to Eat Hummus Wraps (Whole Foods)
- Sushi with low sodium soy sauce packets: California rolls, vegetable rolls, salmon or tuna rolls



Eat Well Berkeley is sponsored by Health\*Matters, UC Berkeley's Wellness Program, and City of Berkeley Health Department.

