



## Guide to Healthy Meetings and Events

### ***Snacks, Appetizers and Desserts***

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



#### **Fresh Fruit or Vegetables**

- Ready-made platters available at Costco, Safeway, and Whole Foods- *fruit or cheese & fruit*
- Pre-washed, pre-cut options or wash and cut a variety of seasonal produce to make your own platter
- Veggie suggestions:
  - Baby carrots • Red bell peppers • Cherry or plum tomatoes • Snap peas
  - Broccoli or cauliflower florets • Celery • Olives • Zucchini slices
- Fruit suggestions:
  - Berries: strawberries, raspberries, blueberries, blackberries • Bananas • Tangerines
  - Cubed melons • Pineapple chunks • Apples slices • Orange slices • Grapes

#### **Whole Foods Catering Menu or Pre-Made Platters**

- Skewers: Thai Chicken, Portabello, Tofu, or Shrimp • Tea Sandwiches, Canapes • Shrimp Ring
- Crostini: Grilled Vegetable, Grilled Chicken, Chevre & Roasted Tomatoes, Shrimp, or Smoked Salmon
- Platters: Bruschetta, Grilled Vegetable, Crudité's, Mediterranean, or Smoked Salmon

#### **Safeway Catering Menu or Pre-Made Platters**

- Mediterranean Medley • Love Those Veggies • Hummus and Garden Veggies
- Classic Tea Sandwich Tray • Shrimp Ring

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

- Shrimp Platter

#### **Dips, Cheese— available at most stores**

- Dips:
  - Hummus • Bean • Salsa • Guacamole • Hummus Guacamole (TJ's) • Raita • Baba Ganoush
  - Light Cream Cheeses • Newman's, Annie's, Whole Foods, TJ's Vinaigrettes, peanut or sesame dressings
  - Low fat Ranch Dip: Whole Foods - *Follow Your Heart LF Ranch dressing*, or combine LF plain yogurt and/or NF sour cream + *Hidden Valley Ranch Pack*
- Cheese:
  - Babybel Light • Laughing Cow Light Wedges • Boursin Light • Feta
  - Safeway- Sargento Reduced Fat Mozzarella and Cheddar String Cheese

#### **Crackers, Grains, Chips, and Other- available at most stores**

- Whole grain crackers: • Ak Mak • WASA • Kavli • RyKrisp • Ryvita • Triscuits or "Woven Wheats"
- Chips: • Soy Crisps • Pita Chips • Pop Chips • Veggie Stix
- Pretzels: • Frito Lay Wheat Braided Twists • Newman's Spelt • Costco - *Snack Factory Deli-Style Pretzel Chips*
- Other: • Nuts • Trail Mix- Fruit & Nut • 100% Fruit Snacks • Sushi Platters • Edamame • Natural Popcorn
- Whole Foods- East and West Gourmet Bolanis/Flat Bread • Whole Foods Wheat Pita Minis

#### **Desserts**

- Platter of half fresh fruit, half small cookies or biscotti (Whole Foods 2Bite Scones, Cookies, Brownies)
- Other suggestions:
  - Bowl of dark chocolate mints (Andes, Ghiradelli Squares) • Ginger Chews
  - Back2Nature Granola Cookies • Safeway 100% Whole Grain Mini Biscotti
  - Angel Food Cake • Kashi TLC Oatmeal Cookies • Meringue Cookies
  - Whole Foods Petit Sweets Platter & Fresh Fruit



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

