

## Healthy refreshments for school meetings and events



Family barbeques, school council meetings, holiday concerts and fairs... schools host many meetings and events! Offering healthy choices at these events supports a healthy school nutrition environment. Why not bring a tasty and nutritious snack or beverage to the next school meeting or event?

Many school community members try to eat well. Others may have to eat healthy to control blood pressure, diabetes, cholesterol or weight. All will appreciate and benefit from healthy food and beverage options. For the next school meeting or event try:

- Fresh fruit platter with vanilla yogurt for dipping
- Whole grain crackers, lower-fat cheese cubes and grapes
- Air popped popcorn and fresh fruit
- Whole grain muffins and mandarin oranges
- Fresh vegetable platter with hummus or other low-fat dip

**Together we can make the healthy choice the easy choice!**

Revised from Nutrition Tools for Schools, © 2007  
Ontario Society of Nutrition Professionals in Public Health, Jan. 2011

For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit [www.york.ca/healthyschools](http://www.york.ca/healthyschools)

