

SUPPORT A HEALTHY WORK ENVIRONMENT

Worksites can influence the health behaviors of individuals. When food is served at meetings, catered events, ect. , employees are often subject to the food choices that have been made for them.

Employers can ensure that healthy choices are always available and the employees view work as a supportive place for healthy eating, not as a barrier.

The goal of WRPS Wellness is to assist employees in making conscious decisions about the foods they bring into the office. Through food ordering guidelines, employees will become more knowledgeable about healthy options available through local vendors. They will also be provided better choices and have an increased awareness about what makes an option "healthy."

Something else to consider....

Don't let your break room be a food dump.



We've all done it. Rather than keeping all those leftover cookies and bars from your weekend party to tempt you, it seems a relief to bring them to work for everyone else to consume.

THINK ABOUT IT.

If you do put food in the break room, bring foods that encourage your co-workers to make healthy choices.

**EAT
HEALTHY
AT WORK!**



**WRPS CATERING &
FOOD GUIDELINES
FOR THE WORKPLACE**



FOOD GUIDELINES

1. Provide reasonable (not large) portions of foods. Cut large portions in halves or quarters when possible (e.g., bagels, sandwiches).
2. Offer at least one fruit and/or vegetable serving every time food is served.
3. Offer 100% whole grain and low fat dairy options.
4. Low sodium lunch meat option when sandwiches are served.
5. Foods will contain NO trans fat and will be low in saturated fat, sodium and added sugar.
6. Limit sweet treats.
7. Water will always be provided, other beverage choices will include;
 - a. Non-caloric beverages such as coffee or tea.
 - b. Carbonated water or iced teas, with no added sweeteners.
 - c. Nonfat or 1% milk
 - d. 100% fruit and vegetable juices.

Tips and Suggestions

Breakfast

- Fresh fruit
- Whole grain mini muffins and bagels
- Low fat yogurt
- Whole grain cereals
- Low fat/whole grain granola bars

Lunch/Dinner

- Fresh fruit with low fat yogurt dip
- Whole grain crackers and cheese cut into small portions
- Soups and salads
- Raw vegetable salads marinated in Italian dressings
- Salsa, humus, bean dip, mustard dip and whole grain tortilla chips, pita chips, pretzles
- Baked potato bar
- Light popcorn
- Trail mix bar - dried fruit, (raisins, dates, cherries) nuts,(almonds, peanuts, pecans, walnuts) seeds,(pumpkin, sunflower) cereal,(whole grain).

Sweets

- Angel food cake with fruit topping
- Fruit salad
- Sherbet or sorbet
- If you must offer sweets have "mini" desserts.

Healthy Caterers & Take-out:

WRPS Catering

510 Peach St

Ph: 715-424-6703 Ext 3

www.wrps.org/foodservice/catering.cfm

Great Expecations, Wisconsin Rapids

3551 Plover Rd

Ph: 715-423-3190

www.greatexpectations-llc.net

Subway, Wisconsin Rapids

3810 8th St S

Ph: 715-423-2722

or

221 W Riverview Expy

Ph: 715-424-1222

www.subway.com

Arby's, Wisconsin Rapids

3110 South 8th St

Ph: 715-421-0220

www.arbys.com