Lunch- Grocery Store Ideas



Guide to Healthy Meetings & Events

If you are hosting a small meeting/event with a modest budget, consider these affordable options that can be bought (and quickly prepared, if necessary).

Salads

Premade Salad Kits

- Dark leafy greens
- Vinaigrette dressings
- Toppings packaged separately (this also makes it easier to leave off toppings depending on food allergies/sensitivities)

Make Your Own Salad

- Pre-washed/pre-cut lettuce/greens
- Vegetables that don't require chopping (grape tomatoes, snap peas)
- Pre-cut vegetables (shredded carrots or cabbage, broccoli florets, etc.)
- Pre-cooked chicken strips, tuna, salmon, baked tofu, or lean deli meat
- Blue cheese, feta, or parmesan
- Rinsed canned beans or precooked lentils
- Chopped nuts
- Fresh or unsweetened dried fruit
- Vinaigrette dressing

Sandwiches & Wraps

Make your own sandwich and wrap platters using the following:

- Whole grain if possible: bread, pita, wrap, lavash
- Lean Protein: Marinated tofu, canned fish, sliced turkey or chicken, deli meats
- Vegetables: Greens, tomato, cucumber, onion, grilled veggies (some stores sell in prepared foods section)
- Other: Avocado, hummus, guacamole, vinaigrettes, mustard, pesto, sliced cheese

Pre-Made Platters

- Vegetable salads
- Grain salads
- Crudité (raw vegetables)
- Cooked/grilled vegetables
- Sliced fruit

- Grilled/roasted proteins
- Rotisserie chicken
- Shrimp cocktail

Beverages

Best choice: Water in a pitcher/dispenser.

- Infused water - allow to infuse overnight in the refrigerator. Try:
    - Frozen mixed berries
    - Lemon or other citrus slices
    - Cucumber, lime, and mint
    - Strawberry and pineapple
    - Grapefruit and rosemary
- Coffee: regular and decaf. Offer unsweetened milks and creamers, including non-dairy options such as oat milk. When possible, serve creamers and sweeteners in bulk rather than individual packets.
- Tea, including herbal
- Sparkling water
- 100% fruit juices, mixed with water or sparkling water

Go Green

- Use reusable or compostable dishes, cups, and utensils, and/or ask people to bring their own utensils/cup/mug if possible.
- Buy ingredients in bulk rather than individually packaged whenever possible.
- Buy beverages in glass or aluminum containers when possible. Be sure to recycle the containers.
- Include plenty of plant-based options
- When choosing animal products, aim for: poultry, pork, dairy and eggs certified by a third party for humane practices.

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