

Snacks, Appetizers, & Desserts - 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).

Savory Snacks

- Apple chips (or other fruit/vegetable chips)
- Edamame
- Kale chips
- Popcorn
- Roasted beans such as chickpeas, fava beans, or edamame
- Roasted seaweed
- Trail mix
- Unsalted or lightly salted nuts and/or seeds
- Whole grain crackers and cheese or dip

Dips

- Baba ghanoush
- Black bean dip
- Bruschetta
- Guacamole
- Greek yogurt dip
- Hummus
- Lime juice and chili lime seasoning (i.e. Tajín)
- Muhammara
- Pesto
- Salsa
- Tzatziki

Fruit & Vegetables

- Raw vegetables: cherry tomatoes, snap peas, baby carrots, mini sweet peppers, or pre-cut vegetables such as cucumber, celery, or jicama
- Fruit: apples, bananas, berries, mandarin oranges, oranges, peaches, pears, plums, or pre-cut mango, melon, pineapple, etc.





Beverages

Best choice: Water in a pitcher/dispenser

- Infused water - allow to infuse overnight in 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
- Iced tea
- 100% fruit juices, mixed with water or sparkling water

Desserts

- Build-your-own yogurt parfait bar (see breakfast list)
- Chocolate covered fruit or fresh fruit with chocolate dip
- Dark chocolate
- Fresh fruit
- Small portions of baked goods such as mini cookies or cakes

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.
- Include plenty of plant-based options.

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