

HOSPITALITY GUIDE

So that there is consistency in our healthy lifestyle teaching, the hospitality snacks and meals we offer our participants should be nutritious. The timing of these events should also be planned with their general daily routines. For instance, if the support workshop or other meetings are scheduled for morning, offer easily-digested snacks in small amounts that will not interfere with lunch later. If it is held after supper, offer light, low-calorie items.

Always avoid caffeine-laden drinks, desserts, and drinking water in plastic bottles.

Be aware of “teaching moments” about nutritional needs when in discussion with them. Create educational posters or take-home nugget notes to position around the snack area.

Nutritious snack items to offer could be:

- ❖ A raw vegetable tid-bits plate: carrots, celery, green pepper, white turnips, radishes, cauliflower or broccoli chunks, cucumber slices, mini tomatoes
- ❖ A cheese dish (cheddar chunks, cheese sticks, string cheese, etc.)
- ❖ Granola bars/chunks
- ❖ Wheat thins, corn chips
- ❖ Avocado (Guacamole) dip
- ❖ Drink: water or tea

