

Healthy Staff Meetings

To promote wellness among not only students, but also staff members, the wellness policy sets guidelines for all foods and beverages available on campus. Weld County School District 6 is committed to improving the health of our employees, students, and families by modeling healthy behaviors. With this in mind, it only makes sense that all foods/beverages available at staff meetings be healthy items.

Food & Beverage Ideas for Staff Meetings:

- **Beverage options appealing to any group include:**
 - Water, plain or infused with fruit
 - 100% juice
 - Non-fat or low-fat milk
 - Coffee
 - Unsweetened ice tea
- **Fun food ideas bound to make a hit at staff meetings include:**
 - Reduced-fat cheese with whole grain crackers
 - Whole grain bagels with low-fat topping. Consider purchasing small bagels, or cut larger items in half.
 - Low-fat dips like hummus or salsa with whole grain crackers or fresh vegetables
 - Yogurt parfait bar made with low-fat or fat-free yogurt, fresh or frozen fruit, and low-fat granola
 - Fresh fruit tray with low-fat yogurt dip
 - Fruit kabobs
 - Breakfast burritos prepared with whole grain tortillas, eggs, reduced-fat cheese, vegetables, and salsa

Let Nutrition Services do the work for you! For more info, visit:
www.greeleyschools.org/catering.