

Catering Suggestions for Health Coaching Workshops

– Please give to your caterers –

Please provide healthy options for morning and afternoon teas and lunches. We find that participants are very quick to criticise non-healthy catering options. This is especially so given that we ask participants to work on their own healthy lifestyle changes during the workshop.

Low GI, healthy options assist participants to maintain their energy levels throughout the day and help them to stay attentive.

Please ask your participants if they have special dietary requirements and ask your caterers to label any special dietary foods. Please also note that some of our facilitators are vegetarians.

The following are guidelines for caterers from our dietitian.

Beverages

- Please provide water (room temperature and with ice), tea, coffee and non-caffeinated choices (eg, herbal teas).
- Please provide full cream milk, light milk and soy milk.
- Please provide water, tea, coffee etc, on arrival each morning (by 8 am).

Morning and afternoon teas

- Please provide a fruit platter at both morning and afternoon teas (i.e. a variety of fruit cut into serving size pieces).
- In addition to the fruit platter, please provide a selection of healthy sweet and savory finger food.
- Please vary morning and afternoon tea choices (i.e., different for each break).
- Please ensure that finger food is served in small portions (i.e., mini savoury scones or quiches, mini muffins/cakes or small biscuits).

Ideas:

Suggestions for sweet choices include: mini scones (condiments served on the side i.e. butter, jam), small pieces of cake, biscuits, slices, fruit muffins, dried fruits.

Suggestions for savoury choices: home made mini quiche or frittata, cheese platter with dried fruit & nuts, crackers, dips, vegetable sticks (carrot, celery, capsicum etc.), raw nuts, olives, semi dried tomatoes, bread sticks etc.

Lunch

- Suggested alternatives to sandwiches or wraps:
 - Frittata or quiche with salads (incl. vegetarian options)
 - Spinach and feta pie (wholemeal pastry please)
 - Vegetable flan (wholemeal pastry please)
 - Sushi or nori rolls (incl. vegetarian options)
 - Selection of hot and cold healthy foods
 - These can be served with bread (see below re low GI options), salads, and/or soup
- A selection of sandwiches or wraps on low GI breads (see below for ideas). Wraps are preferable to sandwiches.
 - Please cut sandwiches and wraps into small portions so that participants can choose a selection of different sandwiches
 - Bread MUST be low GI please. Low GI breads include multigrain, sour dough, rye and mountain bread. Wholemeal bread and white bread (incl. Turkish, Panini etc.) are NOT low GI, please don't serve these.
 - Include 1 protein choice for each type of sandwich (ie, cheese OR ham, not both in the one sandwich/wrap).
 - Protein includes: lean meat, chicken, fish (tinned tuna, salmon), smoked salmon., hommous, cheese, egg, tofu, legumes (3-4 bean mix, kidney beans, chickpeas, lentils etc)
 - Please ensure there are at least 2 vegetarian protein choices. Vegetarian protein includes cheese, egg, hommous, tofu, legumes, mushrooms, falafel etc.
 - Please ensure salad or vegetables are also included in sandwiches/wraps
 - As an addition to sandwiches/wraps, extra salad or vegetable based soup can be offered

Special requests

- Please include vegetarian options for every meal and break.
- Please follow guidelines for any 'special' dietary requirements that have been preordered and label these with the participant's name.
- Please speak with Janette Gale at Health Coaching Australia on (02) 4465 2185 for further information.