

“Healthy Salad Bowl Luncheon”

The “Healthy Salad Bowl Luncheon” is an easy, healthy, and fun way to gather with your fellow employees and eat lunch together. Each person will bring one ingredient to fill up the salad bowl, just like a potluck.

Why coordinate a “Healthy Salad Bowl Luncheon? Ask yourself... Do I find myself not having time or making time to eat healthy lunches? How much money I spend each week on lunches? Do I bring my lunch? Am I eating nutritious foods the majority of the time? Would I like the opportunity to eat more healthily and spend some time with co-workers during my lunch break to chat, laugh, and to have break to go back to work in the afternoon feeling more refreshed and energized?

The Healthy Salad Bowl Luncheon can be organized for reasonable price and can be used for interaction with other employees. It can all start with you!

Reasons Why You Should Participate

- Salad is a healthy choice for lunchtime.
- With everyone’s participation, this will be a less expensive alternative for lunch.
- It’s an easy way to gather with fellow employees—old and new!
- Salads can aid in weight loss. They make you feel fuller and reduce the total number of calories eaten during a meal.
- Salads contain fiber, which has benefits like promoting good bowel health, assisting in lowering cholesterol levels and helping to control blood sugar levels.

What You Need to Do

1. Choose a date, locate a room, and invite co-workers to attend. Use e-mail, word of mouth, and/or flyers. A sample flyer is included.
2. Share a sign-up list for ingredients. Each employee should bring at least one item and at least two people should bring in lettuce or greens. Let people know how many employees will be participating so they can bring the appropriate quantity of their ingredient. Invite employees to bring their favorite salad dressing to share! A sample list is attached.
3. Collect the sign-up sheet 2-3 days before to see what ingredients are missing.
4. Come together and create your salad with your fellow employees. Eat! And enjoy seconds!
5. Once the group meets, you can decide if you’d like to have the luncheon occur regularly - once a month, twice a month, once a week? It’s all up to you!

"HEALTHY SALAD BOWL LUNCHEON"

SIGN-UP SHEET

Ingredient	Name / Unit / Email	Ingredient	Name / Unit / Email
Lettuce (Romaine/ Iceberg)		Tomatoes	
Spinach		Cucumbers	
Carrots		Peppers (Green/Red)	
Sprouts		Cheese (Cheddar/ Mozzarella)	
Croutons		Hard Boiled Eggs	
Green Beans		Cauliflower	
Nuts		Broccoli	
Sunflower Seeds		Mushrooms	
Radishes		Mixed Greens	
Peas		Celery	
Onions		Chicken (Crispy/ Grilled)	
Whole Grain Bread		Artichokes	
Olives		Fruit	
Paper Plates		Forks/Knives	
Napkins		Other	
Other		Other	

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT:

Name, Phone Number, and E-mail Address

You're invited to...

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The “Healthy Salad Bowl Luncheon” is an easy and fun way to have lunch with your fellow employees.

Everyone attending should bring one ingredient to add to a salad and their favorite salad dressing.



Place your name, unit, and e-mail address next to the ingredient you plan on bringing on the sign-up sheet.

Date:
Time:
Place: