

Purpose

In order to make meetings more healthy for both facilitators and participants, Healthy Savannah provides these following Healthy Meeting Guidelines.

With them, we hope to help you make improvements in what is consumed, done, and used at every meeting you host and/or attend. Starting below, we've offered general nutritional suggestions.

In the remaining sections you will find simple ways you can take steps towards more positive practices!

Nutrition Trade-offs

+ More Fruits, Vegetables, Whole Grains, Unprocessed Foods, Healthy Fats, and Lean Protein.

- Less Salt, Sugar, Calories, Saturated & Trans Fat, and Hydrogenated Oils.

For additional information, please visit HealthySavannah.org/meetings

Our Vision

Our mission is to promote healthy communities by:

-  Creating an environment that makes a healthy an easy choice.
-  Building a collaborative network that identifies and shares resources.
-  Collecting and disseminating information.
-  Promoting best practices, supporting innovative programs, and advocating for effective policies.

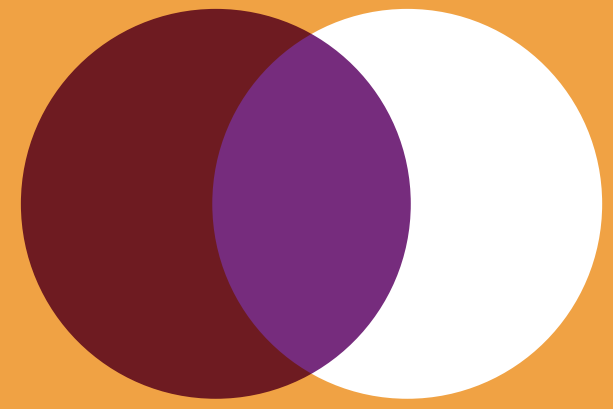
Savannah is a community committed to supporting healthy lifestyles.



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HEALTHY MEETING GUIDELINES

Making the healthy choice an easy choice.



 **Healthy Savannah**
Connect • Inspire • Grow

HEALTHY WORKPLACE HEALTHY LIFE



- Have walking/standing meetings
- Plan energizers
- Allow participants to stand up
- Take time to lead stretches
- Meet in a green space



- Make water the default drink
- Serve food only at mealtimes
- Use 9"-10" diameter plates
- Provide vegan/vegetarian friendly food
- Fill half the plate with vegetables
- Put dressing and condiments on the side
- Serve half-sized, or, no dessert



- Prioritize sustainable practices
- E-mail meeting materials
- Print double-sided
- Share documents at the meeting
- Use reusable/recyclable products
- Bring your own water bottle