

# *Pathway to Wellness*

## **“Healthy Salad Bowl Luncheon”**



### **Description of the Program**

A “**Healthy Salad Bowl Luncheon**” is an easy way to organize a luncheon. Employees who want to participate are encouraged to bring an ingredient for a salad bar.

### **What do you need to do to organize this?**

1. Conference room, cafeteria, or area with tables and chairs
2. One large table to put ingredients on
3. Paper plates, utensils, bowls
4. Post sign-up sheet two weeks before the luncheon.

### **Why offer this program?**

Most employees spend at least one meal in the workplace. Employees can have a healthy and nutritious lunch by only purchasing just one ingredient. It’s an easy lunch because the employee can put as much or as little effort into choosing an ingredient. Example: An employee volunteers to bring in carrots, they would only need to go to the market and purchase a pre-packaged bag of carrots, (\$1.50 - \$2.50). An employee volunteers to bring in cucumbers. This employee would purchase two to three cucumbers, peel and slice them (approximately \$2). This can be done with as few as two or three people or as many as 25.

### **Important Things to Know**

Make sure two people bring in lettuce or greens. This is the ingredient you will need the most. Encourage employees to bring in their favorite salad dressing to share. This way there are many to choose from. Collect the sign-up sheets the day before and see if there are any key ingredients still missing. This luncheon can be done two days in a row, because there are usually leftovers or scheduled on a weekly or monthly basis. Encourage participants to go up for seconds. It’s okay because they are eating healthy, fresh ingredients.

**For more copies of this please go to:**

**<http://www.upstate.edu/health/wellness/programs.php>**

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You are invited to a *Pathway to Wellness*  
"Healthy Salad Bowl Luncheon"



DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

PLACE: \_\_\_\_\_

This is an easy, healthy, and fun way to have lunch. Everyone attending brings one ingredient to add to a salad (about 3 - 4 cups) and their favorite healthy salad dressing. Please place your name, unit, and the ingredient you plan to bring on the sign-up sheet.

More copies can be found at: <http://www.upstate.edu/health/wellness/programs.php>



# "Healthy Salad Bowl Luncheon"

Ingredient	Name/Unit/Email address	Ingredient	Name/Unit/Email address
Lettuce		Tomato	
Spinach		Cucumbers	
Carrots		Peppers (green/red)	
Sprouts		Cheese	
Croutons		Hard boiled egg	
Green beans		Cauliflower	
Nuts		Broccoli	
Sunflower seeds		Mushrooms	
Radishes		Mixed greens	
Peas		Celery	
Onions		Chicken	
Whole grain bread		Artichokes	
Olives		Fruit	
Paper plates		Forks/knives	
Napkins		Other	
Other		Other	

If you have any questions, please contact:  
 (Put coordinators name, phone number, and email address here)