

If you are hosting a Lunch and Learn at your workplace, chances are that you will get more employees to participate if you provide a healthy lunch. Free food is a good reason for employees to gather in the lunchroom and they'll stick around to hear a speaker. Below you will find some healthy lunch suggestions to consider when hosting a Lunch and Learn at your worksite.

Make-Your-Own Salad Bar:

Provide healthy lunch selections for employees with the following ingredients from your local grocery store.

Greens: baby spinach, mixed field greens, romaine lettuce.

Toppings: cherry tomatoes, black olives, chick peas, sliced beets, artichoke hearts, alfalfa sprouts, low-fat shredded cheese, goat cheese or feta, low-sodium sliced turkey or ham, cubed chicken breast, shredded carrots, sliced mushrooms, cottage cheese, low-fat dressing choices.

Include a whole-grain roll and an oatmeal raisin cookie, as well as bottled water.

Subway Subs:

Sandwich and Wrap Platter tray serves 5-9 people, with 15 4-inch sub portions, or 16 wrap portions. A Giant Sub can be created to virtually any length you choose, from one foot to one hundred, each one-foot portion typically satisfying 3-4 guests.

All SUBWAY® Sandwich Platters are prepared on a variety of freshly baked gourmet breads, with your choice of cold cuts - Ham, savory Turkey, Oven Roasted Chicken Breast, Roast Beef – as well as classic Tuna, and Veggie Delite®. Yes, your Cold Cut Combo and Italian B.M.T.® favorites are also available. SUBWAY® vegetables on your Sandwich or Wrap Platter include your selection of lettuce, tomatoes, cucumbers, pickles, green peppers, hot peppers, red onions and black olives. Bacon may also be added for an additional charge.

Giant Subs are prepared on custom-baked & braided bread, and require 24 hours advance notice to create just for you. A deposit may be required with your catering order. Contact your local Subway for more information about catering pricing.

Sandwiches and Wraps:

Inquire at the deli of your local grocery store to have a platter of healthy sandwiches or wraps made up in advance. Include a fruit tray or veggie platter, and yogurt with granola to round out the meal.

Heinen's Prepared Foods:

Heinen's and Cleveland Clinic have partnered to create the Healthy Appetite program. Simply look for the Healthy Appetite / Go Foods label on Heinen's prepared foods and on grocery items throughout the store. The label ensures you are making the healthiest food selections. Inquire at the counter about ordering in advance.