

Healthy Breakroom



Healthy food provides you and your coworkers with more energy, boosts feel-good endorphins, helps build a strong immune system, and can be a great outlet to explore your creativity! Follow these essential steps to help make your breakroom healthier.

1. Keep it a **Judge Free Zone**

Every individual is on their unique path towards wellness. Rather than passing judgements based off your co-workers food choices, be inclusive and supportive.

2. If you provide food to share or if you are packing your own lunch, focus on providing **whole grains, vegetables, fruits, healthy-fats, and lean proteins.**

3. When purchasing food from restaurants, ask their recommendations for menu items that meet recommendations in step 2. Many restaurants have a **“lighter entrée section,”** or **“low sodium option.”**

4. Share your **recipes** and healthy food finds with your coworkers

If you make bring a delicious homemade hummus with an assortment of farmers market vegetables, share with your coworkers the hummus recipe and your experience at the farmers market!

Healthy Breakroom favorites:

Trail Mix, Yogurt with Fresh Fruit and Granola, Vegetables and Hummus, Whole Grain Tortillas and Salsa, Turkey Jerky