

# Healthy Meals...Fast

### **Be the Advocate in the Workplace...Send a healthy message.**

**Healthy Meals...Fast!** Meals can be both fast and good for you! Plan ahead when pressed for time.

### **Create a connection between the workplace and the healthy message you provide.**

Become a champion for your employees to make healthy eating choices in the workplace and at home. Take the opportunity to use the **Healthy Meals Fast** theme for an extended period of time. A month is a good suggested amount of time. Publicize the message frequently with employees throughout the month. When trying to help employees take action to make healthy changes it helps to:

- **Encourage employees** that small steps and goals are necessary for change.
- **Focus on good habits** and healthy “choices” rather than body weight.
- **Maintain good staff-community relations** by making recommendations welcoming and fun.
- **Make employees partners for change** by welcoming and healthy change ideas and feedback.

**Start** by looking at your workplace setting. What opportunities and messages can you give to your employees to eat **Healthy Fast Meals**?

## *Tips*

- **Give** your employees enough time to take meal breaks.
- **Encourage** employees to eat away from their desk.
- **Provide** fast, healthy food options in the cafeteria.

Bowls of fruit, salad bars, small bags of baked chips or pretzels, yogurt, and ready-made sandwiches make for healthy grab and go choices.

### **How to Take Action:**

- Provide employees with the **Healthy Meals...Fast** tip sheets to learn ways to eat more of the original “fast food”... fruits and vegetables!
- Use the action ideas provided.
- Frequently communicate action ideas and messages to employees during the designated **Healthy Meals Fast** theme time period.
- Download resources provided to provide employees with additional information.

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# Workplace Challenge

## Healthy Meals...Fast

Action Idea: **The Healthy Meals Fast Food Balance Challenge**

**Find healthy balance when eating out! Balance higher fat or sugar foods by choosing a smaller serving. Or, create balance by choosing other foods that are lower in fat and sugar to complete your meal!**

- **Challenge** your employees to a Fast Food Balancing Challenge.
- **Have employees** submit ideas for their “balancing acts” when eating out. Example: If I choose french fries, I get the medium size and share with another person. –or– If I choose a double cheeseburger, I add a salad with low-fat dressing, and choose water instead of soda.
- **Draw the ideas** to award healthy incentive prizes.
- **Post the ideas** on the “Challenge Board”.
- **Suggest** employees track the number of “balancing acts” they make in one week. (See Display Template.)
- **Give healthy incentives or prizes** such as cafeteria or coupons, a free catered healthy lunch, or pedometers.

### Why Healthy Meals...Fast?

Healthy eating takes a back seat in this busy world! About 62% of people in a nationally represented online survey say they are sometimes or often too busy to sit down to eat, and about nine times out of ten say they do other things while preparing meals. (A survey of 1,521 men and women commissioned by the American Dietetic Association and ConAgra Foods Foundation Home Food Safety Program)

American consumers will spend 47 percent of their food dollar in the restaurant community in 2005.

([www.restaurant.org/pressroom/pressrelease.cfm?ID=979](http://www.restaurant.org/pressroom/pressrelease.cfm?ID=979))

## Fit & Fun Families

### Resources:

- **Cooking Light Magazine** or **Cooking Light** online, [www.cookinglight.com](http://www.cookinglight.com). Search for family menu ideas and recipes under the category of “Find Recipes” **Meals in Minutes**, The American Heart Association, Random House Inc., NY, 2000. Quick, healthy menu ideas and recipes.
- [www.cdc.gov/nccdphp/dnpa/5ADay/recipes/index.htm](http://www.cdc.gov/nccdphp/dnpa/5ADay/recipes/index.htm)  
This site gives recipe ideas that promote fruit and vegetables and are low in fat and cholesterol. The use of whole grains and minimal use of salt and sugar are strongly encouraged in all 5-A-Day recipes.
- [hin.nhlbi.nih.gov/menuplanner/](http://hin.nhlbi.nih.gov/menuplanner/)  
This site gives you the ability to plan daily healthy meals. The interactive menu planner is designed to guide daily food and meal choices. It may be used in advance to plan a meal or at the end of a day.

This message brought to you by CIGNA HealthCare and the Healthy Kids Challenge.  
Working to make healthy eating and physical activity a regular part of your life at home and at work.

# Balancing Challenge Points

## Healthy Meals...Fast

*Fit & Fun  
Families*

### Fun Ways to Earn Balancing Challenge Points

Earn 1 point for each balancing act:

- Choose water, low-fat milk or 100% juice rather than soda.
- Choose a smaller serving of a higher fat or sugar food.
- Choose a higher fat or sugar food less often.
- Balance a higher fat or sugar choice with other lower fat/sugar foods in the meal.
- Add a fruit and/or vegetable to a typical fast food meal.

#### week #1:

SUN	MON	TUE	WED	THURS	FRI	SAT	TOTAL	participants names:

#### week #2:

SUN	MON	TUE	WED	THURS	FRI	SAT	TOTAL	

#### week #3:

SUN	MON	TUE	WED	THURS	FRI	SAT	TOTAL	

#### week #4:

SUN	MON	TUE	WED	THURS	FRI	SAT	TOTAL	

# Healthy Meals...Fast

## **Ideas for Fast Healthy Meal Choices:**

- Grilled Chicken
- Salad with Low-Fat Salad Dressing
- Fruit Salad
- Bean Burrito
- Lean Ham, Turkey, or Roast Beef Sandwich
- Tuna Fish with Low-Fat Mayo
- Wrap Sandwiches
- Soup

## **High-Fat, Smaller Portion Foods:**

- Fried and Greasy Foods
- Food with Heavy, Creamy Sauces
- High-Fat Dips and Salad Dressings
- Foods with High-Fat Gravy
- Foods with Excessive Butter
- Doughnuts, Cake, and Sweets
- Regular Potato Chips

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