

## Why Healthful Meals and Breaks Should Be on Your Meeting Agenda

There are many reasons to serve delicious, healthful choices at meetings, conferences, and classes. With a bit of planning and attention, you can ensure that participants in your trainings are well-nourished, well-hydrated, and well-educated in multiple ways. Here are three of the most important reasons to plan nutritious meals and breaks for every event.

### **1. Meeting Smarter: Maximize brain power for learning.**

When participants enjoy well-balanced meals and breaks, they will be better able to concentrate and contribute to training activities. Like any student, adult learners need enough “brain food,” and fluids, and physical movement to stay alert and productive.

### **2. Blend Taste and Health: Showcase nutrient-rich choices.**

A critical part of teaching nutrition is motivating people to enjoy eating well. Since taste is the number one factor in choosing one food over another, adults need firsthand experience in the delicious flavors of nutrient-rich choices from all food groups.

### **3. Lead by Example: Role model for lifelong healthy habits.**

Appealing, healthful foods and beverages at mealtime and during breaks demonstrates how to “practice what you are preaching.” It will show participants how they can realistically incorporate nutrition into their daily lives.

#### Trainer's Tip

**Reinforce nutrition messages with healthful meals and breaks.**

## Why Healthful Meals and Breaks Should Be on Your Meeting Agenda, continued

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