

“That’s a Wrap” Potluck Success Story

In celebration of Nutrition Month, West Jasper Place Public Health Centre hosted a *build-your-own healthy wrap* potluck.

Megan Wallace, site Dietitian, organized the potluck to highlight 2015’s Nutrition Month theme: *Shift to Healthy Eating at Work* and offer a healthy lunch time activity. To promote staff interest, the potluck was promoted as a chance to build healthy wraps instead of calling it a ‘health event’.

A conference room was booked and furniture was arranged to accommodate 2 ‘buffet’ style lines down each side of the table. ‘Wrappers’ (staff) had their pick of tortillas (cheddar, whole wheat, spinach or herb-style). Sources of Meat and Meat Alternatives were lean chicken and turkey deli meats, homemade egg salad and a turkey and black bean burrito mixture. Wraps were finished off with fresh toppings including chopped vegetables, cheese, tzatziki, hummus and/or guacamole. Fresh pineapple finished the meal. Healthy eating at its finest!



“Instead of pushing for everyone to bring a healthy recipe, staff just brought a healthy ingredient. We had great participation, and the healthiest potluck yet!” says Megan, “Everyone made their wraps, and enjoyed them together in the lunch room. You could tell everyone felt a sense of pride about the foods they brought and the choices made over the lunch hour”.

If you’re considering planning a healthy eating potluck or event at your site, Megan suggests trying these tips for a successful event!

- Recruit health champions around you to help! It’s always nice to have extra hands, healthy ideas and support.
- Encourage healthy changes through fun activities or potluck ideas, such as a ‘Soup and Salad’ day or ‘Stir-fry Swap’.
- Create a sign-up sheet; listing the items you are looking for- such as ‘mixed green salad’, ‘vegetables’ or low fat salad dressing. If desserts will be included, leave only one or two spaces on the sign-up sheet for dessert.

