

# Departmental Wellness Awards: Strategies & Suggestions

## Montana University System Wellness Program



### Celebrations

- Host a Build Your Own Salad (B.Y.O.S.) potluck. Everyone brings a salad ingredient to create a salad bar.
- Assign several participants to bring colorful vegetables and fruit so there is a variety of fresh produce.
- Serve veggie platters with hummus or guacamole.
- Have a yogurt parfait social with plain Greek yogurt, fresh fruit toppings and granola or nuts.
- Offer a water bar with cucumber and citrus slices, or fresh herbs.
- Offer seltzer water with a splash of 100% fruit juice.
- Eliminate or minimize treats with added sugars. Plan desserts of whole fruits or make fruit kebobs.
- If giving out prizes, make them wellness-related (water bottles, reflector lights, cooking utensils etc).

### Vending Calculator

Enter in information from the nutrition facts label to see if it qualifies as a healthier choice

<https://foodplanner.healthiergeneration.org/calculator/>

### Healthy Vending Machine Snack Ideas

- Pre-popped popcorn
- Dried fruit
- Trail mix
- Mixed nuts
- KIND or Lara bars
- Whole grain crackers
- Baked chips
- Apple chips
- Veggie straws
- Bean chips

### Healthy Vending Machine Beverage Ideas

- Flavored/infused waters
- Coconut water
- Sparkling water
- 100% juice
- Unsweetened iced tea
- Milk

## Menu Ideas

### Breakfast

- Oatmeal Bar with a variety of toppings (fresh fruit, low-fat milk, honey, dried fruit, nuts)
- A fresh fruit salad including whole wheat bagels (3 ½ in diameter or less) with fruit spreads and nut butters.
- Yogurt Parfait Bar, provide 2 types of yogurt with a variety of fresh fruit toppings and various types of granola.
- Scrambled eggs with vegetables incorporated served with whole wheat toast and whole fruit.
- Vegetable breakfast frittata.

### Lunch

- Build your own sandwich line with a variety of vegetable and lean protein options. Consider providing spreads such as pesto and unique mustard flavors. Include two soup options, a vegetarian and broth base, low sodium if possible.
- Build a soup bar option. Provide two types of soup bases (broth, tomato, stock) have a variety of veggies, proteins, and noodle additives allowing attendees to create a personal soup. Include rolls or a sandwich tray alongside.
- Stir fry with brown rice, mixed vegetables, and variety of sauce options.
- Burrito bowl line with brown rice and a variety of toppings (grilled chicken, beans, corn, sautéed peppers/onions, guacamole).
- Grilled vegetable sandwich on a baguette with option of adding chicken.
- Salad bar with different lettuce options and a variety of unique toppings, (lean proteins, apple slices, peas, beets, feta, mandarin oranges). Try to incorporate creative vinaigrettes; ginger, lemon poppy seed, Asian, cranberry, etc. Avoid less healthy toppings such as croutons, bacon bits, or wonton strips.
- Grain or whole wheat pasta salads in an oil & vinegar dressing with numerous types of vegetables.

### Snacks

- Pretzels/Pita chips and hummus
- Granola bars
- Air popped popcorn
- Fresh vegetable platter with a Greek yogurt dip
- Trail mix with dried fruits and nuts
- Whole wheat crackers and an assortment of cheeses

## Stretch Sequences

[Office Stretches and Exercises from Montana Moves](#)

[Office Stretch Sequence from Montana Moves Part 2](#)

## Activity Ideas for Meetings

[Activity Break Guide \(University of Texas\)](#)

[A Guide for "in motion" Breaks \(in motion\)](#)

## Walking Routes (if available per campus)

[MSU Billings 1-mile loop](#)

[Great Falls College MSU walking routes](#)

[Helena Capitol area walking loop](#)