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- When possible, create dishes that include seasonal items. This will also reduce food cost, as seasonal items typically are less expensive to source.
- When possible, purchase locally grown food.
- Consider ways to limit plastic packaging and disposables by requesting bulk service with washable plates and cutlery or compostable options.
- Select foods that are steamed to preserve nutritional value.
- Have dressings and sauces served on the side and include lower fat options like yogurt-based dips.
 - Tip: Read nutrition labels and include foods with less sodium and saturated fat. Less than 5% daily value means a food item is low in that nutrient. 20% or greater daily value means a food item is high in that nutrient.

- Explore recipes assembled by [Dietitians of Canada](#).



- Sell tickets to your event so that the number of guests is known in advance. This will help to reduce overproduction of food.
- If possible, seek advice from individuals who have executed a similar event. They may have insight on appropriate food quantities to prepare.
- Ensure that there is a plan in place for possible meal event leftovers. Depending on the event, leftover options may include donating food or freezing it for a later time.
- See our [Quick Guide to Food Surplus](#) to learn more.

Quick Guide created with the support of McGill's [School of Human Nutrition](#).