Workplace Salad Club

With the warm weather now upon us, salad is a great lunch option and a fantastic way to get to the target of eating five vegetable serves per day.

Having a regular Salad Club in summer is a great social way to share your favourite salad recipes with others, and save some money along the way.

Why start a Salad Club, and what’s involved?

The Australian Dietary Guidelines recommend that we all eat plenty of vegetables and legumes and salads are a perfect way to top up our intake of these important food groups. Salads can be filled with all sorts of vegetables including spinach, carrots, green beans, mushrooms, capsicums, beetroot, as well as chickpeas and beans like kidney and cannellini.

A large bowl of salad can be simple to prepare and can feed a good number of people. Best of all, salads are easy to make and can be prepared at the last minute so they don’t take up too much room in the work fridge!

Salad Club members take turns in preparing different soups and bringing it along to the place of meeting. By initiating a Salad Club, you can encourage your workmates to eat healthy food, while experimenting with different recipes.

In the winter months, swap salad club for soup club!

How to Get Started

Step 1:
Ask your work colleagues whether they would like to be part of a Salad Club and put them on the list. Note if anyone has food preferences or allergies that will need to be considered.

Step 2:
Choose a day, time and place to host your Salad Club and determine whether it will be weekly or fortnightly.

Step 3:
Set up a roster, which indicates the dates your Salad Club will meet, rosters on one or two members and indicates the number of salads to be prepared. You can either go with pre-prepared salads, or just buy a variety of salad ingredients and set out for a make your own salad experience! You can also take turns to bring along bread for everyone to enjoy with their salad if you like.

For recipe ideas see www.heartfoundation.org.au/recipes/Pages/welcome.aspx?mt=All&cs=Salads

Step 4:
Ensure you have enough bowls and cutlery. Don’t forget to also share your recipes if relevant.

Enjoy!

Some other ‘food for thought’: Salad Club can be an opportunity to fundraise for a charity or a cause of your choice by asking members to make a donation each time.