

Healthy Ohio Food Tasting Event – Division of Industrial Compliance (Tussing Road)

# Healthy Ohio Food Tasting Event



The Division of Industrial Compliance completed their first quarter wellness event with a resounding ovation from all who participated. A committee of six employees, representing the various sections within the Division, planned the Healthy Food Tasting event and its particulars. The food was prepared by volunteers from each of the Division's Bureaus, Boards, and Sections. There were 26 entries in all. The entire menu consisted of choices in appetizers, entrees, salads, breads and muffins, thirst quenchers and the ever popular desserts. 99% of the entries were heart healthy recipes.

The participants chose from as many of the 26 entries as their desired appetite would allow. A portion of each entry was placed in a small plastic serving piece, allowing all present the chance to partake. The tables were set up according to a dinner menu with *appetizers, entrees, salads, breads & muffins, thirst quenchers and desserts*, in that order. Each food was *labeled* and 22 of the 26 recipes were copied and on hand to share with every employees. The total experience took one and a half hours with employees staggering their break times to make sure all areas were covered while away from their desks. The five Heart Healthy Cook Books from the Healthy Ohio website were on hand for employees to glean during the tasting.

When all choices were tested the participants were asked to fill out a survey with five general questions and an area for general comments. Survey results proved beyond a doubt that heart healthy food could be enticing and satisfying as well as nutritious. Sixty-five survey respondents expressed unequivocally the desire to have another one of these same events and more importantly; there was not one entry they did not like. Many stated they would use the recipes at home.