



For Immediate Release  
October 2007

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## **HOLIDAYS CAN BE HEALTHY, ACCORDING TO SURVEY BY THE NATIONAL ASSOCIATION OF CATERING EXECUTIVES**

**Columbia, MD – October 19, 2007** – An majority of caterers in a recent survey believe that healthy eating at holiday parties and events is a growing trend. The survey was conducted by the National Association of Catering Executives.

In the survey, more than 63 percent of the respondents reported that offering guests healthy menu choices at holiday parties is a growing trend. In addition, an overwhelming majority – 96.2 percent of the respondents – reported that guests could enjoy a catered affair without sacrificing health goals. And, roughly 50 percent of the respondents reported that clients are now asking for healthy menu choices.

More than 62 percent of the caterers polled reported that they offer courses with choices, such as serving sauces “French style” or on the side, or fish instead of red meat, so that guests can choose healthy selections. More than half also offer dessert choices, such as fresh fruits without sauces or sherbet.

Healthy-style menus are not more expensive than traditional holiday fare, according to more than 71 percent of respondents to the survey.

The most popular style of healthy choices requested by clients was vegetarian (81.8 percent), followed by low fat (43.8 percent), low carb (31.4 percent), and organic (23.1 percent).

“There are clearly options, and no one on a specific diet or health plan should feel they have to sacrifice their nutritional goals in order to enjoy the holidays, said Bonnie Fedchock, executive director of the National Association of Catering Executives. “It is a consumer choice; your caterer will have recipes and choices and strategies to provide a healthy event. You just need to ask.”

Tips for planning your healthy holiday party include:

- Ask your caterer what healthy options can be provided, they may not mention it at first
- Request specifics, low fat, vegetarian, gluten-free etc
- Offer your guests choices, so that everyone can enjoy all aspects of the event

For more tips on how to arrange healthy menus for your clients, contact NACE at 410-290-5410.

The survey was conducted in September 2007.

*The National Association of Catering Executives (NACE), [www.nace.net](http://www.nace.net) is the oldest and largest professional association dedicated to all aspects of the catering industry.*