



## WHAT KEEPS YOU HEALTHY

---

### PLANNING A FUNCTION THAT DELIVERS ON TASTE, NOT CALORIES

**M**any of us are trying to eat much healthier these days. In our own homes and when we go out, we prepare and order the foods that help us achieve our goals. But what happens when you have been invited to a wedding or corporate function? You can't avoid eating, but you don't want to gorge. And nobody would ever dream of contacting the host of the function and requesting they change their menu just for their own benefit.

byPeterandPauls.com, a collection of special event venues and complete catering services, has discovered ways to accommodate both clients and their guests, by offering perfectly balanced healthy solutions.

Special Events Coordinator Beth Kawecky at byPeterandPauls.com was happy to discuss some of these great solutions.

Most importantly, all of our food is prepared fresh to order and without preservatives; our cooking and preparation methods emphasize fresh seasonal ingredients and the marriage of simple flavours; this emphasis is then marketed to our clients. Where-ever possible, we avoid the use of heavy cream based sauces and guide our clients away from these. Of course, a classic but important detail: we almost always offer fresh fruit as part of the dessert for our menus!

Our catering coordinators work with our executive chef and the culinary team to develop customized menus for each client that emphasize a balance of flavours from all the food groups and address the range of eating habits of all their guests. We must be sensitive to each member of the guest list and create a menu that feeds everyone. A specific example: A corporate client is hosting a late

afternoon, early evening cocktail reception. The crowd is 90% male, very big eaters and they LOVE meat. A major concern for these guys is high cholesterol. We researched menu options for them and recommended a carving station offering a low cholesterol, leaner type of meat: elk. The client was thrilled with our efforts and the guests were pleasantly surprised. The elk was enjoyed by all.

byPeterandPauls.com owner and founder, Peter Eliopoulos takes pride in offering such innovative suggestions to help guests enjoy themselves more. Eliopoulos explains that his quest to serve healthier alternatives began over 11 years ago. A firm believer that what we eat can dictate how we live our lives, he believes that eating healthier and in smaller quantities can help improve your event experience.

"Pasta and potatoes are not good for you", he says. "You get bloated, you feel tired, that's just not the way to have a good time. By eating lean meat and vegetables, and in slightly lesser quantities, not only will you feel like you've eaten well, but you'll also have more energy to dance and have more fun!" To further promote this thinking, he has implemented a program in which brides and grooms can donate an entire course from their wedding to charity. "So many people add an extra course that few guests bother eating, for example – fish. We invite the happy couple to donate that course because most won't eat it anyway. Not only will it benefit the less fortunate, it also helps the environment – not throwing away food."

Eliopoulos says that his company looks forward to continuing to explore new ways to offer healthier suggestions for large functions.

---

*For more info about planning healthier functions, contact George Tsioutsoulas at 905-326-0637 or email [george.t@bypeterandpauls.com](mailto:george.t@bypeterandpauls.com). You can also visit [www.bypeterandpauls.com](http://www.bypeterandpauls.com).*