Bake Sale

Healthy Food Guideline Checklist:

- ☐ Make half of all food offerings colorful fruits and vegetables*
- ☐ Offer smaller portions of foods
- ☐ Offer foods low in solid fats, added sugars, and sodium
- ☐ Offer whole-grain foods
- ☐ Make water more available

*For information and tips about filling half your plate with fruits and veggies, visit *FruitsAndVeggiesMoreMatters.org*.

Sign-up Sheet

Dark Chocolate Dipped Strawberries (>70% Dark Chocolate):

_____ , _____

Dark Chocolate Dipped Bananas (>70% Dark Chocolate):

_____ , _____

Dark Chocolate Dipped Almond & Walnut Clusters (>70% Dark Chocolate):

_____ , _____

Sliced Whole Wheat Pumpkin Bread: _____

Sliced Whole Wheat Zucchini Bread: _____

Fruit Salad with Light Whipped Cream:

_____ , _____

Small Oatmeal Raisin Cookies: _____

Small Whole Wheat Dark Chocolate Chip Cookies WITH Nuts: _____

Small Whole Wheat Dark Chocolate Chip Cookies WITHOUT Nuts: _____

Lowfat Yogurt: _____

Low Fat Granola Topping Made with Whole Grains: _____

Mixed Berry Topping: _____ , _____

Small Serving Cups: _____

Napkins: _____

No points. No complex program. Fruits and veggies offer a great value—good for your budget, good for your body.

Fruits & Veggies—More Matters®
Produce for Better Health Foundation

BetterHealth

CITY OF ALBUQUERQUE AND
PARTICIPATING GOVERNMENT ENTITIES

Better you.