

Good Morning Breakfast Potluck

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

Breakfast Burritos Cut in Half: _____, _____

Hard Boiled Eggs: _____

Sliced Ham: _____, _____

Sliced Canadian Bacon: _____

Mini Whole Wheat Bagels: _____, _____

Breakfast Quiche: _____

Red Chile Sauce: _____ Green Chile Sauce: _____

Mixed Berries: _____, _____

Mixed Cut Melon: _____, _____

Whole Fruit in a Basket: _____

Low Sodium V8 Juice: _____

100% Cranberry Juice: _____

Extras:

3 Gallon Water Jug: _____

Paper Plates: _____ Bowls: _____

Utensils: _____

4- 6 Ounce Cups: _____

Napkins: _____

BetterHealth

CITY OF ALBUQUERQUE AND
PARTICIPATING GOVERNMENT ENTITIES

Better you.

*All forms count—fresh, frozen,
canned, dried, and 100% juice.*

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