Build Your Own 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:

Appetizer:

_____ : _____

_____ : _____

_____ : _____

_____ : _____

Entrées:

_____ : _____

_____ : _____

_____ : _____

_____ : _____

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Sides:

_____ : _____

_____ : _____

_____ : _____

Dessert:

_____ : _____

Tbsp and Tsp Measuring Spoons: _____

Paper Plates AND Bowls: _____

Utensils: _____

Disposable Cups:_____

Napkins: _____

3 Gallon Water Jug + _____ for flavoring: _____

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"Fruits and veggies provide naturally flavorful tastes and textures that satisfy everyone's palate – alone or in recipes."

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