4th of July Potluck

BetterHealth
CITY OF ALBUQUERQUE AND
PARTICIPATING GOVERNMENT ENTITIES

Better you.

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: Fresh Veggie Tray

Jicama Sticks: _____ Cherry Tomatoes: _____

Sliced Bell Peppers & Sugar Snap Peas: _____

Carrot Sticks & Sliced Cucumbers: _____

Hummus for Dipping: _____ Low Fat Ranch: _____

ENTREES:

4oz Grilled Turkey Burgers: _____ , _____

4oz Grilled Chicken Breasts: _____ , _____

Whole Wheat Hamburger Buns: _____ , _____

Grilled Turkey Hot Dogs: _____ , _____

Whole Wheat Hot Dog Buns: _____ , _____

SIDES:

Chili Beans Made with Tomatoes & Corn + ½ Cup Ladle: _____

Grilled Onions/Peppers/Squash: _____

Lettuce & Tomatoes: _____ Pickles & Onions: _____

DESSERTS: Fresh Fruit Tray or Salad

Blueberries, Raspberries, and/or Strawberries: _____

Sliced Banana: _____

Ripe Cut Melon (Honeydew, Cantaloupe or Watermelon): _____

Cut Oranges: _____ Diced Apples: _____

Mini Muffins/Cupcakes: _____

20 Dark Chocolate Covered Strawberries: _____

2 Gallons Water– Plain & with Fruit: _____

Paper Plates: _____

Bowls: _____

Utensils: _____

4-6 Ounce Cups: _____

Napkins: _____

"Eating and drinking colorful fruits and veggies provides a natural variety of vitamins, minerals, phytonutrients, and fiber that allow you to be your best everyday."

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