HAPPY BIRTHDAY 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:

Multigrain Tortilla Chips: _____

Baked Tortilla Chips: _____

Guacamole: _____

Mild Salsa: _____ Hot Salsa: _____

Sandwiches:

Whole Wheat Rolls: _____ , _____

Sliced Lean Turkey: _____ , _____

Sliced Lean Ham: _____ , _____

Low Fat Swiss: _____ Low Fat Cheddar: _____

Sliced Tomato: _____

Lettuce: _____ Spinach: _____

Light Mayo & Mustard: _____

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Sign up Continued

Sides:

Quinoa, Corn, Black Bean Salad: _____

Whole Wheat Pasta Salad with Veggies: _____

Other: _____

Other: _____

Dessert:

Mini Cupcakes OR Cake Cut into 2" Slices: _____

_____

Honeydew in Chunks: _____ Cantaloupe in Chunks: _____

Watermelon in Chunks: _____

Sliced Pears: _____ Sliced Kiwi: _____

Extra:

3 Gallon Water Jug + Berries for Flavoring: _____

Tbsp and Tsp Measuring Spoons: _____

Paper Plates: _____ Bowls: _____

Utensils: _____

Paper Cups: _____

Napkins: _____

"Eating fruits and veggies matters in maintaining a healthy weight and may reduce the risk of many diseases."

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