Holiday 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:

Fresh Veggie Tray

Jicama Sticks: _____ Sugar Snap Peas: _____

Carrot Sticks: _____ Cherry Tomatoes: _____

Sliced Bell Pepper: _____ Sliced Cucumbers: _____

Other: _____ Other: _____

Hummus for Dipping: _____ Low Fat Ranch: _____

Entrées:

Sliced, Baked Turkey: _____

Sliced, Baked Ham: _____

Whole Wheat Rolls: _____

1 Cup Light Gravy: _____

Other: _____

Other: _____

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Sign-up Sheet

Sides:

Cauliflower Mashed Potatoes OR Baked Sweet Potatoes: _____

Cooked Green Beans OR Asparagus: _____

Cooked Carrots: _____

Cranberry Salad: _____

Other: _____

Desserts:

Clementine OR Cutie Mandarin Oranges: _____

Baked Apple Cobbler: _____

Other: _____

Other: _____

Extras:

3 Gallon Water Jug + Mint Leaves for Flavoring: _____

Tbsp and Tsp Measuring Spoon: _____

Paper Plates: _____ Small Bowls: _____

Utensils: _____

4-6 oz Cups: _____

Napkins: _____

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"Eating a colorful variety of fruits and veggies provides a wide range of valuable nutrients like fiber, vitamins, and potassium."

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