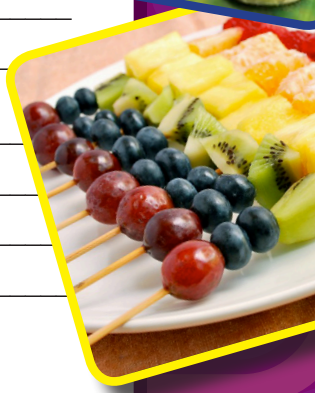
Kid Friendly Potluck

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



Main:

Deviled Eggs: _____

Peanut Butter and No Sugar Added Jelly Sushi Rolls (See Photo): _____

Baked Chicken Tenders: _____ , _____

Pineapple Dipping Sauce: _____ Peanut Dipping Sauce: _____

Sides and Desserts:

For the Rainbow Fruit Skewers:

Strawberries, Grapes: _____ Pineapple, Melon: _____

Kiwi: _____ Blueberries: _____

Yogurt Dip: _____

Grape Tomatoes: _____ , _____

Baby Carrots: _____ , _____

Low Fat Ranch Dressing: _____

Sugar-Free Jell-O® With Fruit: _____

Other:

Bamboo Skewers for Rainbow Fruit Sticks: _____

3 Gallons of Water: _____

Paper Plates: _____

Utensils: _____

Cups: _____

Napkins: _____

BetterHealth

CITY OF ALBUQUERQUE AND PARTICIPATING GOVERNMENT ENTITIES

Better you.

Every step taken towards eating more fruits and veggies and getting more physical activity helps families be at their best.

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