Retirement 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

Lentil Soup: _____ Brown Rice: _____

Veggie Skewers (Bell Peppers, Olives, Cucumbers, Grape Tomatoes): _____

Veggie Skewers (Broccoli, Cauliflower, Carrots): _____

Salad Bar:

Spinach: _____ Tomatoes: _____

Mozzarella: _____ Fresh Basil: _____

Vinaigrette: _____ Honey Mustard Dressing: _____

Black Bean and Quinoa Salad: _____

Main:

Chicken Pinwheels: _____

Tuna Salad with Chopped Celery: _____

Chicken Salad with Chopped Apples: _____

Whole Wheat Buns: _____

Dessert:

Angel Food Cake: _____ Fruit for Angel Food: _____

Ambrosia Salad: _____

Other:

3 Gallon Water Jug: _____

Paper Plates: _____

Utensils: _____

Small Soup Cups: _____

Napkins: _____

BetterHealth

CITY OF ALBUQUERQUE AND
PARTICIPATING GOVERNMENT ENTITIES

Better you.

"People who eat more generous amounts of fruits and vegetables as part of a healthy diet are likely to have reduced risk of chronic diseases...."

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