SUMMER Picnic 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*.

BetterHealth

CITY OF ALBUQUERQUE AND PARTICIPATING GOVERNMENT ENTITIES

Better you.

Sign-up Sheet

Jicama & Sugar Snap Peas: _____

Carrot Sticks & Cherry Tomatoes: _____

Sliced Bell Peppers & Sliced Cucumbers: _____

Hummus: _____ Low fat Ranch Dressing: _____

Spinach Pasta Salad: _____

Three Bean Salad: _____

Whole Wheat Rolls: _____ , _____

Sliced Lean Turkey: _____ , _____

Sliced Lean Ham: _____ , _____

Sliced Hard Low Fat Cheese: _____

Light Mayo & Mustard: _____

Lettuce: _____ Spinach: _____

Sliced Tomatoes: _____

Grated Carrots: _____ Onions: _____

Honey Dew: _____ Cantaloupe: _____

Watermelon: _____ Strawberries: _____

Mini Brownie Bites: _____

Unsweetened Ice Tea with Lemon Wedges: _____

3 Gallons Water: _____

Paper Plates: _____

Utensils: _____

Cups: _____

Napkins: _____

Eat fruits and veggies of different colors—dark green, orange, red, yellow, blue, purple, and white to get the broadest range of nutrients.

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