Taco Day 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

Seasoned, Cooked, Lean Ground Turkey: _____ , _____

Seasoned, Cooked, Lean Ground Beef: _____ , _____

Whole Wheat Tortillas: _____ , _____

Hard Taco Shells: _____ , _____

Homemade Black Beans: _____

Homemade Pinto Beans: _____

Black Bean Soup: _____

Shredded Lettuce: _____

Diced Tomatoes: _____ Chopped Onions: _____

Mild Salsa: _____ , _____

Hot Salsa: _____ , _____

Guacamole: _____ , _____

Low Fat Greek Yogurt (instead of sour cream): _____

Fresh Fruit Salad: _____

Fresh Fruit Platter: _____

Extras:

3 Gallon Water Jug: _____

Paper Plates: _____ 6 - 8 oz Bowls: _____

Utensils: _____

Paper Cups: _____ Napkins: _____

BetterHealth

CITY OF ALBUQUERQUE AND PARTICIPATING GOVERNMENT ENTITIES

Better you.

As part of a healthy diet, eating fruit and veggies instead of high-fat foods may make it easier to control your weight.

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