



Healthy Potluck Sign-up Sheet:

Healthy Food Guideline Checklist:

- ✓ No regular soft drinks & sugar-sweetened beverages
- ✓ Whole grain bread products
- ✓ No butter or fried foods
- ✓ Offer at least 1 fruit or vegetable with meal
- ✓ Fruits for desserts
- ✓ No candy or unhealthy snacks
- ✓ Serve reasonable (not large) portions

Appetizers:

Caprese-Kebabs-with-Balsamic-Drizzle: _____

Multigrain Tortilla Chips: _____

Creamy Spinach Feta Dip: _____

Black Bean Salad (or Salsa): _____

Entrees:

Spanish Tacos: _____

4 oz. Grilled Skinless Chicken Breasts: _____

4 oz. Grilled Turkey Burgers: _____

Whole Wheat Hamburger Buns: _____

Sides:

Lettuce & Tomatoes (for Burgers): _____ Pickles & Onions: _____

Mango, Avocado and Black Bean Salad: _____ Peach & Tomato Salad: _____

Desserts:

Fresh Veggie/Fruit Tray: _____ Almond Snack Mix: _____

Banana Split Berry Yogurt Parfaits: _____

Drinks:

Water – Plain & with Fruit: _____

100% Orange, Apple or Cranberry Juice _____

Miscellaneous:

Paper Plates: _____

Utensils: _____

Cups & Napkins: _____