



4th of July 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

APPETIZER: Fresh Veggie Tray

Jicama Sticks: _____ Cherry Tomatoes: _____
 Sliced Bell Peppers & Sugar Snap Peas: _____
 Carrot Sticks & Sliced Cucumbers: _____
 Hummus for Dipping: _____ Low Fat Ranch: _____

ENTREES:

4oz Grilled Turkey Burgers: _____ , _____
 4oz Grilled Chicken Breasts: _____ , _____
 Whole Wheat Hamburger Buns: _____ , _____
 Grilled Turkey Hot Dogs: _____ , _____
 Whole Wheat Hot Dog Buns: _____ , _____

SIDES:

Chili Beans Made with Tomatoes & Corn + 1/2 Cup Ladle: _____
 Grilled Onions/Peppers/Squash: _____
 Lettuce & Tomatoes: _____ Pickles & Onions: _____

DESSERTS: Fresh Fruit Tray or Salad

Blueberries, Raspberries, and/or Strawberries: _____
 Sliced Bananas: _____
 Ripe Cut Melon (Honeydew, Cantaloupe or Watermelon): _____
 Cut Oranges: _____ Diced Apples: _____
 Mini Muffins/Cupcakes: _____
 20 Dark Chocolate Covered Strawberries: _____

2 Gallons Water– Plain & with Fruit: _____
 Paper Plates: _____
 Bowls: _____
 Utensils: _____
 4-6 Ounce Cups: _____
 Napkins: _____



“Eating and drinking colorful fruits and veggies provides a natural variety of vitamins, minerals, phytonutrients, and fiber that allow you to be your best everyday.”

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