

# HAPPY BIRTHDAY 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](http://FruitsAndVeggiesMoreMatters.org).

## Sign-up Sheet:

### Appetizer:

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### Sandwiches:

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# Sign up Continued

**Sides:**

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**Dessert:**

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**Extra:**

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*“Eating fruits and veggies matters in maintaining a healthy weight and may reduce the risk of many diseases.”*

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

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