

Holiday 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

_____	_____
_____	_____
_____	_____
_____	_____

Entrées:



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Sign-up Sheet

Sides:

Desserts:

Extras:



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*“Eating a colorful variety of fruits and
veggies provides a wide range of valuable
nutrients like fiber, vitamins, and
potassium.”*

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