Party Sign-Up Sheet:

Please fill your name in below with the food or beverage item that you are planning to bring to the party on _____.

Appetizers/Snacks:
Healthier ideas: English muffin pizzas, baked chips, pretzels, salsa, low-fat cottage cheese, hummus, low-fat vegetable dip, cheese cubes, mixed nuts, "lite" popcorn, whole grain crackers

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Main Dish:
Healthier ideas: barbeque baked chicken, turkey meatballs, baked chicken wings, veggie pizza, thin crust pizza, vegetable soup, stir fry, spaghetti using spaghetti squash for noodles

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Drinks:
Healthier ideas: Water, Unsweetened tea, lightly sweetened tea, diet soft drinks

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Side Dishes:
Healthier ideas: pinto beans, green beans, broccoli, brown rice, quinoa, black peas, greens, garden salad, low-fat dressing, tomato slices, watermelon wedges, orange slices, strawberries, pineapple, sliced cantaloupe, grapes

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Desserts:
Healthier ideas: Smaller cake slices (2" squares), fresh fruit with yogurt topping, brownies/cookies (make small portions or use applesauce in place of oil in the recipe)

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Paper Products:
Cups: _____
Plates (small): _____
Napkins: _____
Utensils: _____

Other:

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If you would like some recipe ideas, check out the "Office Parties" tab on the Wellness Website (http://www.co.iredell.nc.us/Departments/Human_Resources/Wellness/healthy.aspx)