



4th of July Potluck

BetterHealth

CITY OF ALBUQUERQUE AND
PARTICIPATING GOVERNMENT ENTITIES

Better you.

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

ENTREES:

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SIDES:

DESSERTS: Fresh Fruit Tray or Salad



“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*