**Healthy Potluck Sign-up Sheet**

|  |  |  |
| --- | --- | --- |
| **Category and examples** | **Who will bring it?** | **Name of dish** |
| **Drinks*** Water
* Zero or low-calorie beverages
* Coffee, tea, unsweetened iced tea
* 100% juices
 |  |  |
| **Vegetable*** Pre-cut veggies
* Green salad
* Roasted vegetables
 |  |  |
| **Grains*** Whole wheat bread, rolls, tortillas, pastas
* Corn tortillas
* Brown rice
* Quinoa
 |  |  |
| **Protein*** Low-fat cheese
* Lean, not fried meats, fish
* Tofu
* Beans
* Eggs
 |  |  |
| **Snacks*** Baked chips
* Pretzels
* Whole grain crackers
* Low-fat popcorn
* Nuts, seeds
 |  |  |
| **Condiments*** Low-fat and low-sodium dressings, sauces
* Homemade salsa, guacamole
* Low-fat sour cream
* Reduced-fat cream cheese
* Peanut butter, other nut butters
* Hummus
 |  |  |
| **Sweets*** Fresh fruit
* Yogurt parfait
* Low-fat cake, 2” slices
* Small low sugar, low fat muffins
* Small slices quick breads (e.g. banana)
 |  |  |
| **Plates, bowls, glasses, utensils** * Smaller sizes help portion control
 |  |  |

**Healthy Potluck Sign-up Example**

For more ideas, see *Sample meals that meet the Guidelines,* Page R-9 in the Healthy Nutrition Guidelines Implementation Guide.

**POTLUCK THEME: Taco bar POTLUCK THEME: Sandwich and salad bar**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Category**  | **Name of dish** |  | **Category** | **Name of dish** |
|  **Drinks** | * Bottled fizzy water
* Diet soda
 |  |  **Drinks** | * Bottled fizzy water
* Iced tea
 |
| **Vegetable** | * Green salad with baked tortilla strips
* Shredded lettuce
* Diced tomatoes
* Chopped fresh cilantro
* Sautéed onions, peppers, mushrooms
 |  | **Vegetable** | * Chopped lettuce
* Sliced tomatoes
* Sliced cucumbers
* Artichoke hearts
* Sliced peppers
* Sliced tomatoes
 |
| **Grains** | * Whole wheat tortillas
* Corn tortillas
* Mexican style brown rice
 |  | **Grains** | * Whole wheat bread
* Gluten free bread
* Rye bread
 |
| **Protein** | * Vegetarian whole black beans
* Shredded grilled chicken breast
* Low-fat shredded Mexican cheese
 |  | **Protein** | * Garbanzo beans
* Sliced cheese: Cheddar, Swiss, Colby, part skim mozzarella
* Sliced lean turkey
* Hardboiled eggs
 |
| **Snacks** | * Low fat, baked tortilla chips
 |  | **Snacks** | * Sunflower seeds
* Gluten-free rice crackers
 |
| **Condiments** | * Low-fat ranch salad dressing
* Homemade salsa
* Guacamole
* Low-fat sour cream
 |  | **Condiments** | * Oil and vinegar dressing
* Hummus
* Low-fat mayonnaise
* Mustard
 |
| **Sweets** | * Fresh pineapple slices
 |  | **Sweets** | * Fruit salad
* Banana bread
 |