**Healthy Potluck Sign-up Sheet**

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| **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**

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| --- | --- | --- | --- | --- |
| **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 |