

Build Your Own 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:

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____

Entrées:

_____	:	_____
_____	:	_____
_____	:	_____
_____	:	_____



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Sides:

_____ : _____
_____ : _____
_____ : _____

Dessert:

_____ : _____

Tbsp and Tsp Measuring Spoons: _____

Paper Plates AND Bowls: _____

Utensils: _____

Disposable Cups: _____

Napkins: _____

3 Gallon Water Jug + _____ for flavoring: _____



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*“Fruits and veggies provide naturally
flavorful tastes and textures that satisfy
everyone’s palate – alone or in recipes.”*

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