

# FRO-YO Social

Join us for a  
**FROzen YOGurt Social,**  
a healthier version  
of the Ice Cream Social.

## 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](http://FruitsAndVeggiesMoreMatters.org).

## Sign-up Sheet

Vanilla Flavored Sugar-Free Frozen Yogurt: \_\_\_\_\_

Vanilla Flavored Frozen Yogurt: \_\_\_\_\_

Other Flavored Frozed Yogurt: \_\_\_\_\_

### FRUIT TOPPINGS:

Fresh Diced Bananas: \_\_\_\_\_ Fresh Cut Kiwi: \_\_\_\_\_

Fresh or Thawed Frozen Blueberries & Strawberries: \_\_\_\_\_

Fresh or Thawed Frozen Mixed Berries: \_\_\_\_\_

Canned Mandarin Oranges (in its own juice or light syrup): \_\_\_\_\_

Canned Crushed Pineapple (in its own juice or light syrup): \_\_\_\_\_

### OTHER TOPPINGS:

Mini Dark Chocolate Chips: \_\_\_\_\_ , \_\_\_\_\_

Crushed/Chopped Nuts: \_\_\_\_\_ , \_\_\_\_\_

Other: \_\_\_\_\_

Other: \_\_\_\_\_

### EXTRA:

3 Gallon Jug of Water: \_\_\_\_\_ Paper Cups: \_\_\_\_\_

Small Disposable Bowls (for Fro-Yo): \_\_\_\_\_

Plastic Spoons: \_\_\_\_\_

Napkins: \_\_\_\_\_

Tbsp and Tsp Measuring Spoon: \_\_\_\_\_

**BetterHealth**

CITY OF ALBUQUERQUE AND  
PARTICIPATING GOVERNMENT ENTITIES

*Better you.*

*Reshape your office environment  
so that healthy choices are the  
easy and desirable choices for all!*

*– Dietary Guidelines for Americans 2010, U.S. Dept. of  
Agriculture and U.S. Dept of Health and Human Services.*

