Greek 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: Fresh Veggie Tray

Jicama Sticks & Sugar Snap Peas: _____

Carrot Sticks & Cherry Tomatoes: _____

Sliced Bell Peppers & Sliced Cucumbers: _____

Hummus for Dipping: _____ , _____

Whole Wheat Pita Breads: _____

MAIN DISH: Antorini

Fresh Baby Spinach: _____ Cherry Tomatoes: _____

Diced Cucumber: _____ Sliced Red Onions: _____

Finely Crumbled Feta Cheese: _____

Tzaziki for Dipping: _____

Whole Wheat Pita Breads: _____

OR

MAIN DISH: Greek Salad

Cherry Tomatoes: _____ Diced Cucumber: _____

Red/Green Bell Pepper: _____ Black Olives: _____

Crumbled Feta Cheese: _____ Sliced Red Onions: _____

1 Bottle Low Fat Greek Salad Dressing: _____

Large Bowl to Toss and Serve Salad: _____

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Sign-up Sheet Continued:

SIDES:

Olive Tray: _____

Greek Potatoes and Herbs: _____

Spanokopitas: _____

Other: _____

Other: _____

DESSERTS: Fresh Fruit Tray or salad

Blueberries & Raspberries: _____ | Blackberries & Strawberries: _____

Sliced Bananas: _____

Honeydew, Cantaloupe: _____ | Watermelon: _____

Cut Oranges: _____ | Diced Apples: _____

Other: _____

Other: _____

EXTRAS:

3 Gallon Water Jug: _____

Paper Plates: _____

Utensils: _____

Paper Cups: _____

Napkin: _____

"Fruits and veggies are available in an almost infinite variety…there's always something new to try!"

Fruits & Veggies—More Matters®
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