Nut Butter 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

Freshly Ground Cashew Butter: _____

Freshly Ground Almond Butter: _____

Freshly Ground or Natural Peanut Butter – Smooth: _____

Freshly Ground or Natural Peanut Butter – Crunchy: _____

Sliced Apples: _____, _____

Sliced Bananas: _____, _____

Mini Rice Cakes: _____

Whole Wheat Crackers: _____

Whole Wheat Bread: _____

Whole Wheat Rolls: _____

Toppings:

Raisins: _____

Mixed Berries: _____

Coconut: _____

Other:

1% or Non-Fat Milk: _____

Paper Plates: _____

Utensils: _____

Small Cups: _____

Napkins: _____

Eating nuts as part of a healthy diet can be good for your heart.

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