

Healthy Potluck Sign-Up

Event: _____ Date: _____ Time: _____

	Examples	Name	Dish/Item
<p>Main Dish*:</p> <p><i>Avoid gravies and cream sauces. Limit butter and salt. Easy on the cheese!</i></p>	<ul style="list-style-type: none"> ▪ Chili with lean meat, beans and veggies ▪ Chicken soup/stew with beans and veggies ▪ Turkey meatball subs ▪ Whole grain veggie lasagna 		
<p>Vegetable Sides:</p> <p><i>Avoid gravies and cream sauces. Limit butter and salt. Bake, broil, roast or steam. Season with vinegar or citrus juices.</i></p>	<ul style="list-style-type: none"> ▪ Vegetable salads, trays or kabobs with low fat or nonfat yogurt dip ▪ Baked sweet potato fries ▪ Steamed broccoli ▪ Vegetable casseroles 		
<p>Other Sides:</p> <p><i>Avoid gravies and cream sauces. Limit butter and salt. Easy on the cheese!</i></p>	<ul style="list-style-type: none"> ▪ Bean or pea salad ▪ Hummus ▪ Whole grain pasta salad with veggies 		
<p>Whole Grains:</p> <p><i>First ingredient should be a whole grain.</i></p>	<ul style="list-style-type: none"> ▪ Whole grain breads, rolls, buns 		

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<p>Fruit/Fruit Dishes:</p>	<ul style="list-style-type: none"> ▪ Fruit salads, trays or kabobs with low fat or nonfat yogurt dip ▪ Fruit and yogurt parfaits (low fat or nonfat yogurt) ▪ Canned/frozen in water, juice or light syrup ▪ Angel food cake topped with fruit 		
<p>Snack Foods:</p> <p><i>Choose baked snacks in small portions. Choose snacks with <200 calories per serving.</i></p>	<ul style="list-style-type: none"> ▪ Whole grain crackers ▪ Baked chips ▪ Whole grain pretzels ▪ Popcorn (limit butter and salt) ▪ Reduced fat cheese sticks/cubes 		
<p>Beverages:</p> <p><i>Avoid sodas, sports drinks and juice drinks.</i></p>	<ul style="list-style-type: none"> ▪ Water ▪ 100% juice ▪ Sparkling 100% juice ▪ Low fat or nonfat milk 		

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*Hands-On Main Dish Ideas!

Do you want to get parents and youth even more involved in your healthy pot-luck? Consider having a “Build Your Own...” Main Dish. Check out the ideas below – and don’t be afraid to add your own spin!

- Sandwiches
 - Whole grain bread/buns
 - Lean deli meat, such as chicken, turkey or ham
 - Veggie bar – let attendees pile them on!
- Meatball subs
 - Whole grain hoagies
 - Turkey meatballs
 - Sliced Italian vegetables – try tomatoes, peppers, onions, zucchini or even eggplant!
- Burgers
 - Whole grain buns
 - Lean hamburgers – or try turkey or black bean burgers!
 - Veggie bar – try avocados for a twist (squeeze some lemon or lime juice and toss lightly to keep them from turning brown)
 - Different reduced fat cheeses, such as mozzarella and provolone
- Burritos or quesadillas
 - Whole grain tortillas
 - Chicken
 - Different beans – try black beans and kidney beans
 - Fire-roasted veggies, such as tomatoes, onions and different colors of peppers
 - Guacamole
 - Salsa
 - Greek yogurt (instead of sour cream!)
- Pizza
 - Whole grain crust
 - Lean toppings, such as ham or turkey burger
 - Reduced fat cheese
 - Veggie bar – pile that pie high with veggies!
 - Pineapple