



PLAN A POTLUCK PARTY

Here's a fun, healthy idea, which takes just 5 minutes and can impact your own physical, mental, and social well-being and the well-being of your colleagues.

Eating meals together is an important way we can connect with one another, and that doesn't have to mean sharing a box of donuts at the next staff meeting. A potluck party is a fun way to share your love of cooking and eating healthy food. Luckily, planning one doesn't have to take time!

We've found that people really have a good time with potlucks if you choose a theme, such as Dish that Celebrates My Nationality, Mexican Fiesta or My Favorite Childhood Dish.

At the potluck party, take 5 minutes during your time together to notice and appreciate what others brought to share. Let a colleague or two know what you loved about this or her dish.

SIMPLY PRINT THE NEXT PAGE AND TAKE 5 MINUTES AT YOUR NEXT STAFF MEETING TO:

- **Introduce the idea of a potluck party**
- **Set a date**
- **Ask your colleagues to sign up for a dish**

HEALTHY POTLUCK SIGN-UP

EXAMPLES	NAME	DISH/ITEM
<p>MAIN DISH: Avoid gravies and cream sauces. Limit butter and salt. Easy on the cheese!</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: Avoid gravies and cream sauces. Limit butter and salt. Bake, broil, roast or steam. Season with vinegar or citrus juices.</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: Avoid gravies and cream sauces. Limit butter and salt. Easy on the cheese!</p>	<ul style="list-style-type: none"> • Bean or pea salad • Hummus • Whole-grain pasta salad with veggies 	
<p>WHOLE GRAINS: First ingredient should be a whole grain.</p>	<ul style="list-style-type: none"> • Whole-grain breads, rolls, buns 	
<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: Choose baked snacks in small portions. Choose snacks with <200 calories per serving.</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: Avoid sodas, sports drinks and juice drinks.</p>	<ul style="list-style-type: none"> • Water • 100% juice • Sparkling 100% juice • Low-fat or nonfat milk 	