



Party Sign-Up Sheet:

Please fill your name in below with the food or beverage item that you are planning to bring to the party on _____.

Appetizers/Snacks:

Healthier ideas: baked chips, pretzels, salsa, hummus, low-fat vegetable dip, mixed nuts, whole grain crackers, raw vegetables, baked chicken wings, low-fat cottage cheese with pineapple chunks, dried fruit (raisins, dried plums), orange slices, turkey meatballs

Side Dishes:

Healthier ideas: Green beans, salads, sweet potatoes, corn, black-eyed peas, cooked greens, baked French fries or baked sweet potato fries, baked tomatoes topped with mozzarella cheese & basil, cauliflower "mashed potatoes", steamed broccoli, cooked carrots

Main Dishes:

Healthier ideas: Chicken & broccoli casserole, stuffed peppers, spaghetti made with spaghetti squash, chili, Oven-Barbequed chicken, vegetable pizza, thin-crust pizza with fewer meat toppings

Drinks:

Healthier ideas: Water, unsweetened tea, Part-sweet/part-unsweetened tea, Diet soft drinks

Desserts:

Healthier ideas: Dark chocolate squares, Fresh fruit w/ yogurt topping, brownies/cookies (use applesauce in place of oil), frozen bananas, frozen grapes, fruit pizza, low-fat pumpkin bread, any kind of dessert with smaller pre-cut slices

Paper Products:

Cups: _____

Plates (small): _____

Napkins: _____

Utensils: _____

Other:
