



HOW TO HOST A HEALTHIER POTLUCK

Potlucks are not easy to navigate when it comes to making healthy choices. Here's a checklist to help you and your co-workers throw a fun, healthier potluck:

- **THEME:** Choose a theme that lets you include healthier options. (You can turn your potluck into a [Lunch N' Learn](#) by inviting a guest speaker or sharing healthy information.) Examples include:
 - "Lettuce Do Lunch" – salad ingredients
 - "Taste the Rainbow" – items that match a color of the rainbow, like strawberries for red
 - "Going Green" – green items

- **MENU:** Suggest healthier recipes to give employees ideas. Keep the basic balance of [MyPlate](#) in mind. Reach out to your Regional Wellness Coordinator for ideas. Check out the [TN Healthier Meeting Guidelines](#).
 - **SUBSTITUTIONS:** Offer [this list](#) of healthy recipe substitutions. This will help employees make their favorite dishes healthier if they choose.

 - **BETTER BEVERAGES:** Always offer water or other low or no-calorie beverages.

 - **SHARE:** Ask employees to share their healthier recipes. Provide copies at the potluck.

 - **LAYOUT:** If able, offer fruit and vegetable dishes first, followed by the entrees, sides and desserts.

- **TABLEWARE:** Offer smaller plates and bowls. This will encourage employees to enjoy smaller portions.

- **ACTIVITIES:** Consider planning activities so it's not *all* about the food.

- **TUPPERWARE:** Remind employees to bring a container for leftovers.



POTLUCK SIGN-UP SHEET

Theme:

Date & Time:

of Attendees:

APPETIZERS (ex: fresh fruit, raw veggies & dip, whole grain tortilla chips)

Name

ENTREES (ex: low-fat proteins, plant-based proteins)

Name

SIDES (ex: baked or grilled sides, whole grains)

Name

DESSERT (ex: fresh fruit)

Name

DRINKS (ex: water, sparkling water, fruit-infused water, unsweet tea)

Name

OTHER (ex: 9-inch or less plates)

Name