

# Sign-up Sheet for a HEALTHY PARTY



We're having a party to celebrate \_\_\_\_\_ !

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Number of Students: \_\_\_\_\_

Please sign up for one of the choices below to indicate what you will bring. There are options for food, drinks, paper goods, or even a game or craft!

**A healthy fruit item** for example fruit kabobs, fruit salad, orange smiles, cut fruit, dried fruit, fruit smoothie:

Name: \_\_\_\_\_ Item: \_\_\_\_\_

Name: \_\_\_\_\_ Item: \_\_\_\_\_

**A healthy vegetable item** for example veggie platter with dressing or hummus, veggie kabobs, single veggie like carrot sticks or colorful pepper slices:

Name: \_\_\_\_\_ Item: \_\_\_\_\_

Name: \_\_\_\_\_ Item: \_\_\_\_\_

**A whole grain item** for example whole grain pretzels with mustard dip, mini whole grain bagels with cream cheese or hummus, whole grain tortilla chips with salsa, whole grain pasta salad, mini sandwiches on whole grain bread:

Name: \_\_\_\_\_ Item: \_\_\_\_\_

Name: \_\_\_\_\_ Item: \_\_\_\_\_

**A healthy protein item** for example yogurt, cottage cheese, string cheese, black bean salad, hummus with crackers, roasted chickpeas, pumpkin seeds:

Name: \_\_\_\_\_ Item: \_\_\_\_\_

Name: \_\_\_\_\_ Item: \_\_\_\_\_

**A healthy drink** Please choose from plain water, seltzer water, water infused with fruit, milk, or milk alternatives such as soy, rice, or almond milk:

Name: \_\_\_\_\_ Item: \_\_\_\_\_

Name: \_\_\_\_\_ Item: \_\_\_\_\_

**Paper Plates:** \_\_\_\_\_ **Cups:** \_\_\_\_\_ **Napkins:** \_\_\_\_\_

**A craft that you will lead the class in:**

Name: \_\_\_\_\_ Craft: \_\_\_\_\_

**A game that you will lead the class in:**

Name: \_\_\_\_\_ Game: \_\_\_\_\_

**Thank you for helping us make our parties healthier and more fun!**