



Potluck Guidelines

Sometimes meals at meetings consist of potluck dishes brought by employees. Distribute guidelines to employees ahead of time so they can support each other's healthy food choices at work.

- **Portion size:** Pre-slice, pre-split any large serving items (casseroles, pre-made sandwiches, etc.) so employees can spoon out the appropriate food servings. Slice muffins and bagels in half.
- **Whole Grain:** Offer only whole grain breads, pastas, and crackers such as 100% whole wheat or rye.
- **Vegetarian Options:** Include vegetarian options such as veggie sandwich and soups.
- **Soups:** Offer broth-based soups (such as vegetarian broth), which are lower in calories.
- **Drinks:** Serve only 1% milk, 100% fruit juice, unsweetened tea and water instead of sodas.
- **Entrees:** Offer main dishes made from low-fat ingredients (skim cheeses, tomato-based sauces, low-fat mayo or plain yogurt).
- **Water:** Have a pitcher of ice water available at all times.
- **Dressings:** Provide low-calorie salad dressings on the side.
- **Snacks:** Offer raisins, low-salt pretzels, popcorn, dried fruit or trail mix, popcorn and raw veggies instead of chips.