

Healthy Potlucks: Salad Bar Buffet

Sign up below to:

- bring one ingredient (two or more people can sign up to share the cost of higher price ingredients), **or**
- bring one supply item, **or**
- take on a task.



Number of potluck guests: _____

Food Item	Name
Sliced chicken or turkey	#1
	#2
Canned tuna or salmon	
Shredded cheese	#1
	#2
Tofu	
Chickpeas or black beans	
Sliced boiled eggs	
Diced tomatoes	
Sliced mushrooms	
Diced bell peppers	
Spinach	
Chopped Romaine lettuce	
Spring mix lettuce or kale	
Diced red onion	
Diced avocado	
Shredded carrots	
Diced cucumbers	

Food Item	Name
Canned mandarin oranges	
Chopped nuts	
Dried cranberries	
Try this tasty Italian Dressing recipe	

Drinks (if needed)	Name

Supplies (if needed)	Name
Plates	
Cutlery (forks, spoons, knives)	
Serving Tools	
Napkins	
Cups	
Cloths (for clean-up)	

Help Out	Name
Manage Sign-Up Sheet	
Help Set-Up	#1
	#2
	#3
Help Clean-Up	#1
	#2
	#3
Fill Water Jugs	
Make Coffee and Tea	
Host a Game or Icebreaker	