

Healthy Potlucks: Wrap It Up

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
Whole grain tortilla wraps	
Sliced chicken or turkey	#1
	#2
Sliced beef or pork	#1
	#2
Shredded cheese	#1
	#2
Feta cheese	#1
	#2
Flavoured tofu	
Black beans, chickpeas, or falafel	
Diced cucumber	
Diced tomatoes	
Sliced fresh mushrooms	
Diced red onion	
Diced bell peppers	
Canned pineapple chunks	
Sliced black olives	
Spinach	
Chopped romaine lettuce	

Continued next page.

Food Item (continued)	Name
Hummus	
Try the Tzatziki and Italian Bean Dip recipes	
Mayonnaise	
Honey mustard	

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	