

# Sign-up Sheet for a HEALTHY PARTY



Dear Parents and Families,

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

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Number of Kids: \_\_\_\_\_

Please sign up for one of the choices below to indicate what you will bring or send in.

## **Fruit item**

*(Ideas: fruit kabobs, fruit salad, whole fruit, cut fruit, dried fruit, fruit smoothie)*

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

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

## **Vegetable item**

*(Ideas: veggie platter with dressing or hummus, veggie kabobs, carrot sticks, pepper slices)*

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

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

## **Whole-grain item**

*(Ideas: whole-grain pretzels with mustard dip, mini whole-grain bagels with cream cheese, whole-grain pasta salad)*

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

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

## **Protein item**

*(Ideas: yogurt, cottage cheese, string cheese, bean salad, hummus with crackers)*

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

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

## **Healthy drink**

*(Please choose from: water, seltzer, water infused with fruit, milk)*

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

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

## **Paper Plates**

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

## **Cups**

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

## **A craft you will lead the group in**

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

## **A game you will lead the group in**

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

**Thank you for helping us make our program's celebrations healthier and more fun!**