

# Healthy Party Sign Up

WE'RE HAVING A PARTY TO CELEBRATE:

ON:

We will be making **Friendship Fruit Smoothies** for our celebration. Please sign up for one of the choices below if you're able to contribute. No need to wash or cut the fruit, we will take care of preparing the food before blending and serving.

**Number of children/students:**

**Please bring the item you signed up for on:**

.....

**Plain Non-Fat or Low-Fat Yogurt (Quart Size)      Name:**

.....

**Bananas      Name:**

.....

**Frozen Strawberries      Name:**

.....

**Frozen Blueberries      Name:**

.....

**Frozen Raspberries      Name:**

.....

**Blackberries      Name:**

.....

**Canned Pineapple (in 100% Juice)      Name:**

.....

**Cups & Plastic Spoons      Name:**

.....