

# Healthy Party Sign Up

WE'RE HAVING A PARTY TO CELEBRATE:

ON:

Please sign up for one of the choices below if you're able to contribute. There are options for food, drinks, paper goods, and non-food ideas!

**Number of children/students:**

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

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**Fruit**

Examples: fruit kabobs or salad, whole or cut fruit, dried fruit, etc.

**Name:**

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**Vegetable**

Examples: vegetable platter with dressing or hummus, vegetable kabobs, sliced vegetables

**Name:**

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**Whole Grain**

Examples: pretzels, whole grain crackers, baked pita, or whole grain tortilla chips

**Name:**

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**Protein**

Examples: yogurt, cottage cheese, string cheese, hummus, etc.

**Name:**

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**Healthy Drinks**

Examples: water, seltzer, water flavored with fruit, etc.

**Name:**

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**Non-food Items**

Examples: stickers, unsharpened pencils, temporary tattoos, glow sticks, etc.

**Name:**

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