

Sign-up Sheet for a HEALTHY PARTY



www.iowahealthieststate.com/5210

Dear Families,

We're having a party to celebrate _____!

Date: _____ Time: _____ Number of Students: _____

Please sign up to bring one of the choices below. There are options for food, drinks, paper goods, or even a game or craft!

A healthy fruit item (for example fruit kabobs, fruit salad, orange smiles, cut fruit, dried fruit, fruit smoothie):

Name: _____ Item: _____

Name: _____ Item: _____

A healthy vegetable item (for example veggie platter with dressing or hummus, veggie kabobs, single veggie like carrot sticks or colorful pepper slices):

Name: _____ Item: _____

Name: _____ Item: _____

A whole grain item (for example whole grain pretzels with mustard dip, mini whole grain bagels with cream cheese or hummus, whole grain tortilla chips with salsa, whole grain pasta salad, mini sandwiches on whole grain bread):

Name: _____ Item: _____

Name: _____ Item: _____

A healthy protein item (for example yogurt, cottage cheese, string cheese, black bean salad, hummus with crackers, roasted chickpeas, pumpkin seeds):

Name: _____ Item: _____

Name: _____ Item: _____

A healthy drink (Please choose from plain water, seltzer water, water infused with fruit, milk, or milk alternatives such as soy, rice, or almond milk):

Name: _____ Item: _____

Name: _____ Item: _____

Paper Plates: _____ **Cups:** _____ **Napkins:** _____

A craft that you will lead the class in:

Name: _____ Craft: _____

A game that you will lead the class in:

Name: _____ Game: _____

Thank you for helping us make our classroom healthier and more fun!