



## HEALTHY POTLUCKS

This handout is designed to help you and your co-workers hold potluck breakfasts, lunches and snacks that are healthy and delicious. It includes:

- Steps to Get Started
- Organizing a Healthy Potluck
- Healthy Potluck Sign Up Sheet
- Healthy Potluck Recipes

### STEPS TO A HEALTHY POTLUCK

- Identify co-workers who are interested. Try for at least one person for each course that you would like to serve, including beverage.
- Set a date and time that is convenient.
- Identify a room or other space.
- Decide who will bring what dish. Be sure to include drinks, plates, napkins, cups or mugs and utensils. People can use the healthy recipe collection at [www.stepaheadprogram.com](http://www.stepaheadprogram.com) to choose what they would like to bring.
- Send out a reminder note or email two or three days before the event that includes time and location and a reminder of what individuals signed up to bring. If people aren't using recipes from [www.stepaheadprogram.com](http://www.stepaheadprogram.com), ask them to bring in copies of their recipe to share with the group. Develop a recipe file so you can easily make your group's favorite dishes.
- Some groups like to vote on favorite dishes.
- Share your success!
  - Let people know what recipes were popular.
  - Take pictures of the potluck and post them (with permission) on a bulletin board or webpage.

## ORGANIZING A HEALTHY POTLUCK:

*Here are some guidelines to get your group going!*

***Trouble finding the time?*** It can be hard to find a time that works for everyone in your group to sit down and eat together. Don't let this stop you. It is fine to let people come and go at their own convenience. ***Still feeling the time crunch?*** Make the potluck part of a team meeting.

***Be creative.*** A healthy potluck doesn't have to be a lunch or dinner, or even a full meal. It can be a breakfast or snack too. Do whatever works best for your group.

***Keep it organized.*** If you don't want to risk the chance that everyone will bring the same type of dish, ask people to sign up for a specific course. Ask people to change if you still get too many of one thing.

***Don't overdo it!*** It's easy to end up with way too much food when everyone is contributing a dish. A good rule of thumb is to bring enough servings for two-thirds of the number attending. Remember to keep portion sizes moderate, so that you don't overeat. Don't forget about beverages, plates, cups, napkins and utensils.

***Healthy can be simple.*** It is best to serve dishes that can be easily transported from home to work and that can be served cold or heated in a microwave. There are plenty of easy-to-make dishes that are good for you. Take a look at some of the recipes included in this booklet for ideas. All of the Step Ahead recipes are at [www.stepaheadprogram.com](http://www.stepaheadprogram.com) from a link on the right side of the home page.

***Be prepared.*** It is easy to forget to bring serving utensils and plates, napkins, cups, etc. Make this one of the assignments or always keep a supply at work. Ask participants about special dietary restrictions, food allergies or sensitivities early in the process and plan accordingly.

