Potlucks are a fun, budget-friendly way to celebrate with colleagues. Follow these tips to ensure that healthier choices are available.

**POTLUCK TIPS**

» Offer sign-ups for fruit, vegetable, whole grains and vegetarian choices. Be specific such as “green salad with dressing on the side” or “items for a sandwich bar.”

» Award prizes for “best vegetable dish”, “most creative vegetable and fruit platter” or “best use of a whole grain”.

» Pick two or three healthy recipes that can be put together the day of the potluck, or have participants build their own. Have colleagues bring one or more ingredient(s) for a recipe (eg, green salad, broccoli slaw or a sandwich bar).

» Assign a theme to the potluck which can incorporate healthful items.

Choose a fun, healthy theme for your potluck. Here are some ideas:

» **Small Bites:** Skip the main course! Offer simple items such as no-mayonnaise shrimp salad in avocado “dishes”, mozzarella and tomato skewers, veggie lettuce cups and hummus with fresh veggies.

» **Salad Potluck:** Have each member of the team make a favorite salad to share. Or, assign salad ingredients, allowing folks to create their own personalized salads.

» **Seasonal/Farmers’ Market:** Make the theme “seasonal foods” and include in-season fruits and vegetables from a local farmer’s market in dishes. It’s a great way to incorporate fresh, “on sale” ingredients to support local agriculture.

» **Burrito Bowls:** Each colleague brings a component for a burrito bowl (brown rice, quinoa, chicken, tofu, sautéed veggies, lettuce, beans)…healthy, fresh inside of the burrito without the tortilla!

» **Recipe collection:** Ask each person to provide a recipe for his or her potluck dish, and then compile the recipes into a file for an office cookbook.

**OTHER TIPS**

» Suggest items that are pre-portioned be made “mini”. Because most people like to sample many dishes, this will lead to less overeating. And, one can always return if more is needed!

» Request that attendees follow general healthy meal guidelines, such as serving dressings and condiments be served on the side, avoiding fried foods, and choosing whole grains options.

» Challenge attendees to bring homemade dishes only. No store-bought meals!