

THE RED TABLECLOTH



MAKE THE HEART HEALTHY
CHOICE THE EASY CHOICE



LEEding Toward Wellness

PROMOTE HEART HEALTH: BRING A RED TABLECLOTH TO YOUR NEXT EVENT

LEEding Toward Wellness is a community health coalition devoted to educating, empowering, and connecting Lee County residents to healthy resources. The red table cloth is a quick and simple way to promote heart healthy options at your next event! Simply use a red tablecloth to designate a spot for heart healthy foods.

SAMPLE SCRIPT TO SHARE AT THE START OF THE EVENT:

We want the heart healthy choice to be the easy choice. When choosing foods at today's event, look for the red table cloth. The red symbolizes that foods on this table promote heart health.

If you are interested in having a red table cloth at other events, please grab the handout located [insert location]. This initiative is promoted by LEEding Toward Wellness, a community health coalition devoted to educating, empowering, and connecting Lee County residents to healthy resources.

***This can be included in opening remarks, signage on the table, on the agenda, or in a program.**

SUGGESTED ITEMS

Beverages

Water
Coffee
Unsweetened tea
Sparkling water
Fruit infused water
Skim milk

Breakfast

Fresh fruit
Fat-free yogurt
Whole grain bread
Peanut butter
Whole grain English-muffins
Fruit, yogurt, & granola parfait
Oatmeal

Snacks

Fresh fruit
Vegetable tray
Whole grain crackers
Nuts
Fruit, yogurt, & granola
parfait
Hummus

Lunch and Dinner

Salad with dressing to the side
Whole grain sandwiches
Lean meats such as chicken or turkey
Roasted vegetables
Steamed vegetables
Vegetable tray
Whole grain rolls
Hummus



SHARE ON SOCIAL MEDIA
#REDTABLECLOTHLEE



LEEDing Toward Wellness

Want more information or resources for heart healthy recipes?

Contact Alyssa Anderson

Family and Consumer Sciences Agent

NC Cooperative Extension, Lee County Center

(919) 775-5624

Alyssa_Anderson@ncsu.edu

lee.ces.ncsu.edu