

## Get Togethers

“Keep it simple and enjoy the people”

In Hawaii, we all have different reasons that we have get-togethers, parties, celebrations, events, and potlucks. No matter what the reason, we should celebrate with family, friends, food and fun.

### Pot-Lucks - People bring things share:

- Foods from different food groups: fruits, veggies, protein, starches, milk
- Supplies: utensils, paper goods
- Drinks: water
- Helping hands
- A gathering place

### Get Together Ideas & Tips:

- Prepare foods ahead of time:
  - Cut fruits and veggies
  - Marinate meats and/or veggies overnight
- Create a sandwich bar and bring items to make the sandwiches
- Plan ahead and organize so everyone knows what they are bringing or contributing for the get together

## Holidays

- Get together during holidays and bring something from each food group.
  - Ex: turkey, cranberries, green beans, a salad, rice or mashed potatoes, hot chocolate with low-fat milk.

## Themed Get-Togethers

- Bring Foods Based on:
  - Culture
  - Location or place of interest
  - Event (ex: Superbowl)

## Get Togethers – No Special Occasion

- Joining friends and or family for:
  - A picnic
  - Play music or dance
  - Play cards or board games
  - Trip to the grocery store

\* Please check with your doctor or health care professional before making dietary changes

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