

NATIONAL MORE HERBS LESS SALT DAY

August 29th is National More Herbs Less Salt Day! This day is meant to encourage more herbs instead of added salt.

Reducing sodium intake is important for lowering the risk of heart disease and managing healthy blood pressure levels. Herbs provide many health benefits, they have antioxidants and anti-inflammatory properties.

- Basil: anti-inflammatory and anti-bacterial
- Parsley: High in vitamin C and K
- Rosemary: Anti-inflammatory
- Cilantro: Detoxifying, manages blood sugar
- Dill: Aids digestion and manages cholesterol



Make your own salt-free seasoning: Choose your favorite dried herbs and spices and grind them together. Store them in an airtight container and you have your own homemade herb blend. See recipes on the back!

REDUCING FOOD WASTE

Did you know the US wastes a total of 108 billion pounds of food per year? This equates to about 30-40% of the total US food supply. Taking the steps to reduce food waste can save you money, time, and energy.

Here are some easy tips you can follow to reduce food waste in your home.

- Shop with a plan: buy what you need and limit impulsive purchases
- Keep fruits and veggies stored where you can see them
- Cut up and freeze fruits and veggies that are about to go bad and use them in smoothies, stir fries, or soups.
- You can also freeze bread that may mold soon, or you can turn stale bread into croutons.
- Use overripe bananas for banana baked goods for added sweetness.
- Add food scraps into a compost bin, and use that bin to provide nutrients to an at home garden.



GROCERY STORE ADVENTURE

Make grocery shopping fun this August! With the summer season coming to an end it's the perfect opportunity to explore new ingredients and find good deals.

- Hunt for fresh deals: read store flyers for weekly produce sales. Tomatoes, zucchini, and sweet corn are in season.
- Mix and match pantry staples with on sale produce to stretch your meals: pairing oats with peaches/strawberries for a breakfast bake oatmeal, or pair fresh tomatoes with canned beans for a simple chili.
- Use frozen items: frozen fruits and veggies are just as nutritious as fresh and they are less expensive. Use these items for smoothies, soups, or in a stir fry.
- Try one new item every shopping trip: This makes things fun and interesting. Go for that food you keep avoiding and think of ways to incorporate it into your meals.

TIPS ON USING POWDERED MILK

Powdered milk is easy to use and good for your bones! Powdered milk contains the same nutrients as real milk. It contains calcium, protein, and vitamin D. There are many ways you can use this milk alternative other than mixing with water.

Here are a few options:

- Add into soups or sauces to create a creamy thickness without adding cream.
- Blend with fruit and water for a nutritious smoothie.
- Mix 2 Tbsp of powdered milk with ½ cup warm water and add in oats for a warm bowl of oatmeal.
- Stir in powdered milk into mashed potatoes instead of cream or butter.

SALT FREE BLENDS

Prep Time: 5 min

Each blend makes 6-8 Tablespoons

All-purpose salt free seasoning

- 2 tbsp garlic powder
- 2 tbsp onion powder
- 1 tbsp paprika (sweet or smoked)
- 1 tbsp dried parsley
- 1 tbsp dried thyme
- 1 tsp black pepper
- 1/2 tsp cayenne pepper (optional)

Mexican style salt-free blend

- 1 tbsp chili powder
- 2 tsp cumin
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp oregano
- 1/2 tsp black pepper
- 1/4 tsp cayenne (optional)

Directions: Mix all ingredients in a bowl and store in an airtight container.