

August 2023 - No Salt Added Challenge

Eating too much salt can lead to high blood pressure and other issues. Salt is already in many of the foods we eat, so over the next month try to reduce the number of times you add salt to your food.



Below, check off each day you avoid adding salt to your food!

Name: _____

Department: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!
6	7	8	9	10	11	12
No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!
13	14	15	16	17	18	19
No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!
20	21	22	23	24	25	26
No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!
27	28	29	30	31		
No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!		

Image credit: <https://www.health.harvard.edu/blog/home-cooked-meals-with-less-salt-2020041419480>

Turn in your completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by September 11th.