

# September 2025

## No Salt Added Challenge

While your body does need small amounts of salt to function properly, too much sodium, or salt, can increase chances of high blood pressure and other health concerns like heart disease and stroke. Most processed foods and foods from restaurants contain high amounts of added salt. When dining out try tasting a food for before adding extra salt.

This month, check each day that you're able to avoid adding extra salt to your food.

Name \_\_\_\_\_ Department \_\_\_\_\_

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Please submit completed challenge through interdepartmental mail to **Jenifer Pressley** at the Cullowhee Recreation Center by **October 10th**.

