

Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST
OF TODAY'S CHAOS

Homemade Seasoning Mixes

a win-win, you can save money, lower sodium, and give you the pop of flavor you want

- **Store bought blends tend to be high in sodium and may have MSG or other preservatives**
- **Homemade Blends can save money by buying spices in bulk or from dollar type stores**
- **Homemade blends generally taste better**
- **You control your heat levels so spice it up or down**
- **Recipes are easy to double and triple so you have more on hand**
- **Let kids help with measuring and mixing**
- **Shake up homemade mixes before using**

Source: North Dakota State Extension Service

"Do It yourself Spices" by T. Dillion & J. Garden-Robinson

<https://www.ag.ndsu.edu/publications/food-nutrition/do-it-yourself-spice-mixes>

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