## 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
Adapted by Felice Acker,

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Family & Community Health Agent, Castro County

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