

**EAT WELL, AGE WELL.**

## **Monthly Tracking Calendar-More Herbs, Less Salt**

**RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES**

**WEEK 1: TRY A NEW HERB THIS WEEK.** It can be fresh or dried.

**WEEK 2: FIND ONE WAY TO REDUCE SODIUM INTAKE.** This could be using less salt in a recipe, substituting the salt with a salt-free seasoning blend or herb.

**WEEK 3: SPEND TIME OUTSIDE.** If you have herb plants, pick some or transfer them to a pot and bring them inside so you can enjoy them this winter.

**WEEK 4: INCLUDE AN HERB OR SPICE IN TWO MEALS.** Read the label for pairing ideas. For example, Dill is a great addition to potato salad.

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***Complete the Weekly Challenges & you will feel better and be more in control of your health. We Dare You!***