

### **Spice Blend Short Video #1: Salt-Free Seasoning Blends CC**

Hi! Today we are making a salt-free seasoning blend. One way to reduce sodium is to make your own seasoning blends such as the Everyday Salt-Free Seasoning Blend.

Unlike commercial all-purpose seasonings which tend to be high in sodium, this Everyday Salt-Free Seasoning Blend contains no salt.

Store this blend in an airtight container away from heat and light and it will last a year or two.

For additional information on making healthy food and beverage choices, visit [MyPlate.gov](http://MyPlate.gov).