

Tasty, Low Salt Cooking

What can I expect to learn?

Enjoy flavourful meal, dip, and sauce ideas that focus on less salt (sodium) and explore ways to reduce salt intake by using delicious, lower salt substitutes and label reading.

This class is a 2-part series:

Part 1 – Meal Ideas

Part 2 – Dips & Sauces

How is this class being offered?

Over Zoom®

How long is the class?

Each part is 1 hour

Does it cost to attend?

It's free!

Who can register for this class?

Anyone in Alberta interested in learning how to lower the sodium in their diet.

How can I register for this class?

Registration details are found within the [SHC Wellness Centre Program Guide](#).

Questions

Email: wellness.shc@ahs.ca



Call, text, or chat with 211 Alberta (ab.211.ca/) to find out about financial benefits, programs, and services.