

# Make Your Own Seasonings



**Spices and seasonings not only make food taste better, they're much healthier for you than salt. Many spices also have medicinal properties that may benefit you.**

Whether you cook for yourself or your meals are prepared for you, it never hurts to have a little seasoning to liven things up!

Join us as we discuss different seasoning mixes and alternatives to salt, including what foods they are best used on.

Everyone gets to make a small seasoning mixture of their own creation to take home.

