

Upcoming Homemaker Lesson

for **March:**

SHAKE DOWN ON SODIUM

~Salt Overload~



Thursday, March 1

at 10:30 a.m. E.T.

Instructor: Teran Ransom Hardin County
Extension Agent for Family & Consumer Sciences



Many Americans are getting a salt overload, especially through processed foods. Will cover common sources of sodium in your diet, ways to decrease your sodium intake, how sodium affects your health, and reading food labels to compare sodium content. Will also share info on different salt varieties: such as kosher salt, sea salt, seasoned salts, etc.

CLASS IS OPEN TO ANY ONE!!

**Watch!! Class is held at
a different location!!**

Class is held at the **LaRue County Extension Office,**

807 Old Elizabethtown Rd. (Hwy 210), Hodgenville, KY 42748

Directions: The office is on Hwy 210 coming from E-Town (approx. 10 miles). You can also take Lincoln Pkwy (Hwy. 61) over to Hodgenville and take a left on Hwy. 210 at the Industrial Park or the connection road (3204).

They are located near the Pizza Hut across from the Magnolia Bank. Office sign is next to the road.