



## Flavor Shakers for Childcare

Chef Deanna Olson created the following low-sodium herb/seasoning mixtures to be utilized in child care and schools to reduce sodium consumption. They can be mixed together in a shaker to season food.

*Chef DeeDee developed the Flavor Shakers as part of a Team Nutrition grant activity.*

### Great on Potatoes

2 tablespoons dill weed  
1 tablespoon garlic powder  
1 tablespoon onion powder  
1 tablespoon paprika  
1 tablespoon dried parsley  
1 tablespoon dried sage

### Great on Vegetables and French Fries

2 tablespoons chili powder  
2 tablespoons cumin  
1 tablespoon crushed red pepper  
1 tablespoon onion powder  
1 tablespoon granulated garlic

### Additional Shaker Ideas

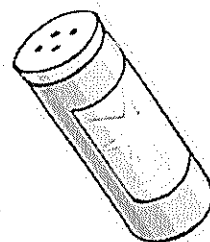
1. Low Sodium lemon pepper
2. Crushed red pepper flakes
3. Grated Parmesan cheese and dried parsley
4. Course ground black pepper and granulated garlic

### Great on Vegetables

2 tablespoons black pepper  
1 tablespoon cayenne pepper  
1 tablespoon paprika  
1 tablespoon onion powder  
1 tablespoon garlic powder

### Great on Squash and Carrots

2 tablespoons cinnamon  
1 tablespoon ground cloves  
1 tablespoon ground ginger  
1 tablespoon nutmeg



*Tip: You can buy shakers at discount stores for a \$1.*