

Feeling a little Salty...

Sodium in our diet

Lunch & Learn

Virtual



With *Chris Zellers*, FCHS Educator/Assistant Professor via Zoom

Chris will discuss sodium and its effect on our body, provide viewers with an understanding of sodium on the nutrition facts label and provide tips on how to reduce salt consumption with healthy, tasty cooking.

Thursday, March 25, 2021 * 12:15 to 12:45 p.m.

Register in advance for this program at:

<https://go.rutgers.edu/c012qzyw>

After registering, you will receive an email with information about joining the meeting.

County Employees who attend this class will earn 5 Wellness Incentive Points!



Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and Boards of County Commissioners. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.