



## 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

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

### 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

### Great on Squash and Carrots

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

### 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



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