Grab N Go Resources and Activity Ideas: Sodium, October 2023

**Understanding Fats Presentation - contact FNIHB**

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**Activity Ideas:**

* Sodium Analyzer Activity
* Hold a grocery store tour in your local community store to teach about label reading, and how to look for lower salt foods.
* Host a cooking or snack session with discussion around sodium and how to choose foods that are lower in sodium. If you need help with ideas for your cooking class contact FNIHB.

**Nutrition Labelling Online Course:**

* Free online course from Health Canada on Nutrition Labelling: <https://www.canada.ca/en/health-canada/services/understanding-food-labels/nutrition-labelling-course.html>
* The course if self-paces and takes about 3 hours to complete.
* Upon successful completion of the course, you will receive a certificate!

**Web Based Resources:**

**Unlock Food: Get the Scoop on Salt**

<https://www.unlockfood.ca/en/Articles/Heart-Health/Get-the-Scoop-on-Salt.aspx>

**Sodium and Your Health**

<https://www.canada.ca/en/health-canada/services/nutrients/sodium.html>

**Unlock Food: Cut out the Salt**

<https://www.unlockfood.ca/en/Articles/Heart-Health/Cut-out-the-Salt.aspx>

**Alberta Health Services: Cooking Without Salt Handout**

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-cooking-without-salt.pdf>

**Heart & Stroke: Reduce Salt**

<https://www.heartandstroke.ca/healthy-living/healthy-eating/reduce-salt>