

Monthly Sodium Reduction Calendar

This Monthly Sodium Reduction Calendar was developed in 2017 and contains ready-made sodium reduction infographics and resources for educating and promoting sodium reduction in your community. If you want to know more about each item click on control + click on the resource.

January

Share the [7 Salty Myths Busted](#) Infographic

February

Share [Reducing Salt Menu to Mouth](#) Infographics

March

Share the [Salty Six](#) Infographic

April

Share [Track That Salt](#)

May

Share the [Change Your Salty Ways in 21 Days](#) Infographic

June

Share the [Sodium Can Be Sneaky](#) Infographic

July

Share the [Shaking the Salt out of Your Barbecue](#) Infographic

August

Share the [9 out of 10 Americans Consume too Much Sodium](#) Infographic

September

Share [the 75% of Americans Want Less Sodium in Processed & Restaurant Foods](#) Infographic

October

Share [Tips from Professor Saul T](#)

November

Share [Ways to Shake the Salt](#)

December

Share [the Salt Stop Breaking My Heart Pledge](#)