

# FLAVOR and SAVOR Training

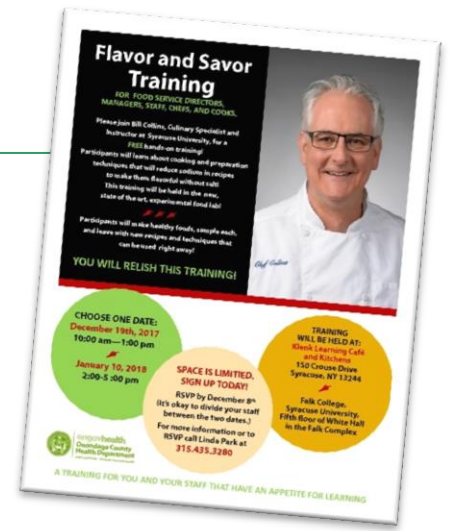
## Chef-Led Training on Reducing Sodium in Food Preparation

The Onondaga County Health Department's Sodium Reduction in Communities Program (SRCP) planned, developed, and held two "Flavor and Savor" trainings: one in December 2017 and the other in January 2018. According to the Centers for Disease Control and Prevention (CDC) *Americans consume well over the recommended 2,300 mg sodium per day, increasing their risk for hypertension, heart disease and stroke. This training aimed to help reduce the amount of sodium consumed.*

One key workplan objective of Sodium Reduction in Communities Program is to reduce the amount of sodium in the foods provided by higher-education sites and early childhood education centers in Syracuse, NY. Our partners include Onondaga Community College, SUNY College of Environmental Science and Forestry, SUNY Upstate Medical University and Early Childhood Education Centers include PEACE, Inc Headsart, Children's Learning Center, Upstate Daycare, Salvation Army and Lydia's Lullaby. We have involved the Syracuse City School District in the SRCP grant hence, their foodservice staff attended also. We worked with Syracuse University's Falk Hall – Learning Kitchen and Café and Chef William Collins, a Culinary Specialist who teaches at the college, to provide a hands-on training to instruct participants about how to reduce sodium in recipes using different techniques.

The training was well received with a total of 30 attendees. Participants were led through activities using the "addition method" to dilute the sodium in a pre-prepared product by adding other sodium-free ingredients, how to use herbs and spices instead of salt, and how to read labels to check sodium amounts. The feedback from attendees was overwhelmingly positive. **A total of 50% of the participants said they would take time to read labels for sodium and 70% said they would take measures to reduce sodium in their recipes using techniques learned in the training.**

A professional video was made for the event and Syracuse University intends to write about the event as collaboration between SU and the Onondaga County Health Department in their Falk College Magazine that is published annually. This video will be shared with both the New York State Department of Health and CDC, and at upcoming trainings. We will also post the video on our website as well as on the Health Department Facebook page.



### FLAVOR & SAVOR Trainings

DECEMBER 2017	Number attended
Environmental Science and Forestry	7
PEACE Inc. Headsart	3
Salvation Army	1
Lydia's Lullaby	2
Syracuse City School District	1
JANUARY 2018	
Onondaga Community College	2
PEACE Inc. Headstart	2
SUNY Upstate Medical University	2
Syracuse City School District	10
<b>Total Combined Attendance</b>	<b>30</b>

