



FAITH IN ACTION



Boston Service Urges: "Choose love over fear"

From New England UMC Conference, By Alexx Wood

A little more than 24 hours after explosions rocked the Boston Marathon, killing three and injuring scores of others, United Methodists in Boston opened their doors and gathered to grieve, pray, cry out to God, and find a way toward healing in the midst of the pain of the city. Less than two miles from the blast sites, a service of prayer and healing was held at Old West Church, a United Methodist congregation. The church - part of the Metro Boston Hope District of the New England Conference - is located in Boston's downtown neighborhood between government center and Mass General Hospital, where some of the victims of the bombings were taken. One hundred people attended the service, arranged jointly by Revs. LaTrelle Miller Easterling, district superintendent; Marion Easterling, pastor of Old West Church; and Jay Williams, pastor of Union UMC in Boston's South End. Ms. Ruby Blake, district lay leader and Union UMC member, also participated in the service.

At the same time, dozens of churches from Rhode Island to Maine scheduled services for their own communities, and many others are opening their sanctuaries throughout the week.

Although visibly moved as he addressed the congregation, particularly when speaking of the grief of those families who lost loved ones in such a shocking and violent act, Boston Area Bishop Sudarshana Devadhar offered words of comfort and hope to those gathered. While acknowledging that we are still struggling with questions and with forgiveness, he shared words from Samuel Wells in a recent *Christian Century* article: "Forgiveness shouldn't be the last thing Christians have to say in the face of injustice. It should be the first thing." The bishop urged the faithful to remain centered in Christ and to find our comfort in knowing that we serve a God of justice, love, and peace. "We must remember our calling to be agents of God's love and peace in our communities and in our world."

United Methodist clergy and laity from all over the district attended the service, and many participated in the liturgy, offering prayers, readings, and stories. Many tears were shed as the names of those killed were spoken aloud, including 8-year old Martin William Richard, whose mother and sister are still recovering from serious injuries also caused by the blasts. Midway through the service, Superintendent Easterling told the story of Stan Smith, a young adult member of Union UMC, who was a participant, running in his very first Boston Marathon. He was about four miles from the race's end when the explosions happened, although at that time he was unaware of what was unfolding until he came closer to the finish line. By then the scene was crowded with emergency vehicles and the response was underway. He recounted some of his experience later in a written piece on his blog, as the full realization and trauma of the events began to reach him. The district superintendent invited Smith to come forward, and many of the clergy in attendance also came forward, laying hands upon Smith in a special time of healing prayer. As the congregation shared more prayers and hymns, Superintendent Easterling led the gathering to begin to move from tears into hope. She shared words from the Rev. Steve Garnaas-Holmes, pastor of St. Matthew's UMC in Acton, Mass., who wrote that we must be the people who have "the courage to be gentle." In the face of violence and hatred and despair, he says, "the world needs people who choose love over fear."

In the written reflection that Superintendent Easterling shared, Rev. Garnaas-Holmes admitted that love is not easy. He compared it to a marathon.

"It takes dedication and training and a lot of commitment. It's not for the faint-hearted...Love takes guts. It takes faith, confidence that a greater love is at work even when we cannot see it. And it takes patience, like a marathon — the willingness to go the distance, to keep at it when your body cries, "Quit!," when your mind thinks of better things to do, when pain and weariness make you want to give up —it takes guts to keep going anyway."

"The *Via Dolorosa* is the toughest race," Garnaas-Holmes continued. "To share in the world's pain and sadness, and still keep up hope and love — that is the world's oldest marathon. The good news is that we do not run alone. Nor do we run on our own energy: we are moved by the desire of God for the healing of the world."

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Receive your newsletter via email!
Send your email address to faithumc@kdsi.net.



- 3~ Donna Day, Megan Chandler
- 4~ Dean Carson, Max Mizner
- 5~ Penny Buettner, Janeen Cox, Sarah Stubbs
- 9~ Charlotte Wisch
- 10~ Mary Helen Samp, Chase Divan
- 11~ Brenda Oliver, Karen Gant, Brad Isaac
- 14~ Blanca Korb
- 15~ Joel Gargan
- 16~ Patty McQueen
- 17~ Ellen Frederick, Alyvia Shultz-Ramer
- 18~ Ralyn Tennant
- 22~ Clarence Wilsey, Roger Oliver, Shauna Brown
- 23~ Rosemary Shafer, Matt Saner
- 24~ Maxine Ridgway, Otto Lohrenz, Annette Froid
- 25~ Dan Spellman
- 27~ Rich Froid, Pat Cook, Ethan Chandler
- 28~ Art Otto, Torrance Walters
- 29~ Rhonda Kohel
- 30~ Darlene Triplett, Roger Townsend
- 31~ Harold Walker, Mike Johnson



Faith Connections

Notes of Thanks

We were overwhelmed at the reception of the prayer quilt. It is beautiful and very well done. We want to thank you as profusely as possible.

We also want to thank Kathy Brisbin for doing the quilt. That took a considerable amount of resource, time and effort. We greatly appreciate the quilt and the spirit behind the gift.

We are settled in quite well and have established a routine.

We pray God's richest blessing upon Faith Church and its members and constituents.

With Great Appreciation for the Beautiful Quilt,

Otto & Elma Lohrenz

THANK YOU from the many members of the Nebraska Kenya Mission Trip Team for the use of our building as a meeting place.

Thank you for welcoming our family with warm hearts and open arms for the baptism of Case!

~ Josh & Kristen Graczyk

You touched a moment of my day, my life, Faith UMC with your beautiful Prayer Blanket. What a blessing! I immediately sat in my recliner and put it over me. Thanks for your prayers. God bless you for the gift and ministry.

~ Thank You, Pastor Bob Sutton



Coffee with the Pastor

When: 4th Sunday of each month

Time: 10:00—10:45 a.m.

Where: Overflow Room



4~ Fran & Jan Wilson

5~ Mike & Sue Lamkin

7~ Ben & Kristi Vogt

14~ Bill & Alta Crapson

16~ Ronald & Janeen Cox

17~ Shawn & Nikki Mizner

22~ Tim & Mindy Lester, Pat & Jennifer Slack

23~ Roger & Brenda Oliver

26~ Jack & Janelle Beatty

29~ Jerry & Lois Idt



Prayers Please

Pastor Greg & Pastor Michelle Reed & Family

Pastor Robert & Joleen Perry Family

Diego Castaneda & Abbie Duester (wedding 05.15)

Alex Donald & Lacy Marshall (wedding 05.25)

Confirmation Class

Summer 2013 Youth Mission Trip

Church COED Softball

Contact Lee or Patty McQueen

@ 237-1524 OR

pbm029@yahoo.com

Minimum age is 15 (by May 6th).

Season is May 6— early August.

Church Coed Games will be

held on Mondays (some Fridays

maybe). Game Times are 6:45,

7:45, 8:45 & 9:45 pm. Games

are held at Harvey Park. We will

use the same shirts as last year

so if you didn't play last year, a

shirt will cost you \$10.



Altar Flowers

The ONLY remaining Sunday still available for your special someone to be honored or remembered is May 12th.

Please contact the church office to reserve your date today.



Faith Team Notes



Administrative Council

Dear Faith Family,

As Chairperson of your Administrative Council, I felt it was my responsibility to keep you up-to-date as to some things going on in the Church. In our last meeting, it was brought to our attention that some members have issues about some of the Teams (formerly known as committees) within our church. Without getting into specifics, these concerns were discussed and the Ad. Council is working to address them. I do ask that if you have any concerns about how Teams (committees) operate please contact myself, Dayla Rhodus, or Suzann Christensen.

If you would like to **serve** on any Teams, let me know and I will forward your name to the proper people.

I look forward to hearing from you, Patrick Garrelts

Email: patsplumbing@frontier.com

Phone/Text: 308.440.1412

Trustee Announcements

When **using Faith UMC Facilities**, please remember to shut off all the lights (main rooms, hallways, bathrooms, etc) and also double check that the doors are securely locked upon departure.

Thank You!

The Trustees have decided to **sell the church van** due to lack of use and expenses. Killion Motors inspected the van and valued it at \$5500. The Trustees will open all offers at the Trustees meeting on May 6th, 2013; offer sheets are available through the church office. If you have any questions regarding the van, please contact any Trustee Member.



Nurture

May Missions

In honor of Mother Goose Day, we will continue to collect children's books (new or gently used).

In honor of National Lost Sock Day we will be collecting ALL sizes of NEW socks. (pairs only please!)

Mother's Day

Join us for muffins and coffee in the Overflow Room between services.

Out to Eat!

Monday, May 6 @ 5:30 p.m.
Little Mexico

(celebrating Cinco de Mayo 1 day late)

Christian Ed.

Join a **BIBLE STUDY!!!**

Contact the church office for more information.

We are currently drawing-up proposals to **revamp BOTH the Nursery and High School Sunday School Room**. The hope is to have these completed no later than Aug.

Check out the **Children & Youth Page!**

Renovations Update

Renovation Committee thanks everyone who helped with the Home, Lawn and Garden Show by donating food items, seed money and/or helped serve the concession stand March 16th. Our profit was \$1,027.13 this year for the one day show. Renovations is replacing the **carpet** outside the front door of the church and in the entry way and stairs.

Thank you again.

Staff-Parish Relations

Cassy Heuertz has graciously added the **Administrative Assistant** position to her list of duties as of mid-April.

Office Hours:

Mon.—Fri.

8:30 a.m.—1:00 p.m.

Keep your eyes peeled for details surrounding a **Farewell Gathering** for Pastor Michelle and her family.

Join us in wishing them well on their next ministry adventures in Wichita, KS!

Finance

Team (committee) **budget proposals** are due in June. Contact Lee McQueen with questions.

1st quarter **giving statements** were NOT printed to save on printing and postage costs. If you would like yours printed, please contact Sandy Townsend at:

Email: sdtowns@yahoo.com

Phone: 308-237-0504

308-440-9658



Confirmation Sunday

Faith's THREE Confirmands will the Methodist church on Sunday, May 5 at the 11 a.m. service. Please keep Andrew Hale, Ashley Brown, Megan Chandler, and their families in your prayers during this piece of the faith journey. See Spotlight on Faith section for details about each youth!



Youth Mission Trip Fundraiser

MOTHER'S DAY PINWHEEL FLOWERS

Forget the flowers—purchase a PINWHEEL FLOWER that will spin for ages, reminding Mothers, Grandmothers, Aunts, and others that they are loved and appreciated for their motherly role in your life!

We will fill the lawn with pinwheels on Mother's Day that will be for purchase for a minimum \$5 donation per flower. THANK YOU for your support!

Reality Check

With a small but mighty group focused on DE-stressing in April, we'll look into Self-Esteem & Self-Worth. For the month of May. ALL CURRENT 6th – 12th graders are welcome to join us on **Saturday, May 11 from 1 – 3 p.m.**

2013 High School Graduates



This year, Faith has two graduating seniors: Jacob Brown, son of Dan and Rachel Brown, and Toby Main, brother of Ryan and Nate Findley. We will celebrate this milestone on Sunday, May 19 at 8:45 a.m. & 11 a.m. services respectively with a brief presentation.

Summer Sports

Want to experience sports for FUN & Fellowship for FREE?! Christian Education is working out details on hosting weekly sports gatherings in June (flag football) & July (soccer). Spread the word as we reach out to our community!

Pumpkin Patch

We have TWO garden plots to grow PUMPKINS in!!! These will be used as a program fundraiser at harvest time. Keep your ears open for a maintaining schedule.



Wednesday Activities

C.C.F.

Last Day May 1

Confirmation

Last Class May 1

U.M.Y.F.

Last REGULAR Meeting May 15
Summer Schedule Begins May 22
EVERY Wednesday, 7—8 p.m.

Memorial Scholarships

Faith has scholarships available for graduating seniors! Contact the church office for an application.

Kids of the Kingdom Sunday School

Join us ANY **Sunday** from **10:00-10:45am**, upstairs to explore God's Word.

Elementary & Pre-School kiddos will wrap-up the *Holy Moly!* video, craft, and Bible story lessons and start the "Travel Guide: Fruit of the Spirit" as the season of growing kicks into high-gear.

Middle School will start UP: Artist Drive Bible Study—Choices and Remade.

High School will wrap-up the discovery of the book of John and jump into Summer of Service.



Calendar Summary

May 5: Confirmation Sunday – 11 a.m. will be dedicated to supporting and welcoming our confirmands

May 11: Reality Check— Contact Cassy Heuertz through the office for more information.

May 12: Mother's Day Flower Fundraiser—see above for details.



Children & Youth



Spotlight on Faith

Mike & Cassy Heuertz (Elsie)

Mike, Cassy, Elsie, and their dearest Maltese Tank, call Riverdale home. Upon moving back to their 'home front' from Omaha in March 2011 they quickly began searching for a church home and fell in love with the family at Faith in June 2011.

Cassy began serving as pianist at Faith's 8:45 a.m. service in August of the same year. Just two short months later, Cassy moved in to tackling the position of Faith's Children & Youth Ministries Director. As of April 2013, she also now serves as Faith's Administrative Assistant. Michael serves as Chaplain Assistant in the 561st RSG in the Army Reserves and completed his K-12 Vocal Music Education degree in December 2012. God blessed Michael with a teaching opportunity in January 2013 at Shelton Public Schools, where he has fallen in love with teaching!

Miss Elsie Leona joined the Heuertz life adventure on August 2, 2012. She has continued to be a happy, low maintenance baby that just soaks the world in. If you have any extra avocados or pears she'll gladly take them off your hands. Also, if you have a dog or young children she will willingly strike up a conversation of sorts with them!

Mike serves as the Music Coordinator for C.C.F. along with assisting at times with the Middle & High School youth. Cassy volunteers with the unit Family Readiness Group. They also attend the Thursday night Young Adult Bible study

The entire family enjoys old-time country music and bluegrass. Much of their spring and summer are spent gardening and enjoying the outdoors.



Tim & Mindy Lester (Jacob, Isabella)

Tim and Mindy Lester have a beautiful family that includes Jacob, a Kindergartener at Park Elementary, and Isabella, who will turn 3 in August. Mindy started attending Faith in 1999 as an 8th grader with Tim officially joining the church about 6 years ago, both attending on weekends home even while attending school in Lincoln.

Both Tim and Mindy have a business side of them—Tim being the Store Manager of Famous Footwear in Hilltop Mall and Mindy serving as an Associate Attorney at Ross, Schroeder & George, LLC. Their passion is truly for their family and children though.

Jacob, having just turned 6, is a student on the Leadership Team at the Nebraska School of Martial Arts and just received his Orange Belt. He has competed in three tournaments and has received five 1st place trophies and one 3rd place trophy in the events of Forms, Board Breaking and Sparring. He also enjoys soccer, hockey, and time with friends.

Isabella, better known as Peter Parker, is FULL of personality. She loves princesses almost as much as Spiderman. Bella 'helps' mommy with anything and everything when she is not accompanying her brother in outdoor adventures.

Out and about in the community you may find Mindy, with the family tagging along, as she serves on the Park Elementary P.T.O. and the Board of the Dobytown Kiwanas.

One can find them very visible in the Faith community. Mindy serves as Christian Education Chair and on S.P.R.C. Tim is planning to play softball this year (hoping to avoid another back injury so he can complete the season). They also serve as ushers, V.B.S. volunteers and attend Thursday night Young Adult Bible study. Jacob and Bella attend V.B.S., C.C.F. and Sunday School as their ages allow.

As a family they enjoy reading, swimming, and creating funny songs. They also enjoy traveling, particularly to visit their slew of extended family spread from New York to Alaska.

Finally, Jacob and Bella would like to thank the family of Faith for their weekly 'bread snack at 11 a.m. service!





Spotlight on Faith

Ryan Findley & Carrie Bruggeman (Carter)

Ryan started calling Faith UMC home about three years ago, with Carrie finding Faith in January 2011. In February 2012, Ryan and Carrie welcomed their son Carter into the world. They are planning a September 2013 wedding! Carter has done a good job of keeping his parents on their toes day and night because he loves to play, play, play. His favorite thing (right now) is to put anything and everything in the trashcan. Aside from that, Carter likes to have books read to him, explore outside, dump his toys out of the toy box right after they are picked up, smile, laugh, and simply be a happy little boy. One thing he has not been fond of is playing in snow...

Carrie balances working full-time in a management position with Amigos/Kings Classic and being a stay-at-home mom. Ryan works, particularly long summers, at Ace Irrigation (the big tin man out by the Kearney airport).

In spare moments of life Ryan and Carrie enjoy most outdoor activities, particularly camping, going to the lake, swimming, tubing down the river and bike rides. Other forms of entertainment they both enjoy are movies and live music performances. Carrie has taken a liking to D.I.Y. projects, scrapbooking, reading, going on walks with Carter, and watching sports with Ryan. Ryan is pretty simple, enjoying watching and playing most any and every sport.

The family committed themselves to Faith on May 20, 2012 when Carrie and Carter were both baptized and Carrie and Ryan became members. They stay connected with their Faith family by attending the 11 a.m. service and participating in the Thursday night Young Adults Bible study. Ryan also serves on S.P.R.C. and is a sponsor for the Middle & High School youth.

Community connection is important to them as well, stepping up where the feel there is a need. To list a few things they have participated in, the list



Confirmation Insight



Andrew Hale

Ashley Brown

Megan Chandler

Grade: 8th @ Sunrise Middle School
Parents: Doug & Dee Hale
Siblings: Brock Hale (twin!)
Hobbies: art & poetry

Grade: 8th @ Sunrise Middle School
Parents: Dan & Rachel Brown
Siblings: Triston, Jacob, & Shauna
Hobbies: photography, music, & reading

Grade: 8th @ Sunrise Middle School
Parents: Rich & Lora Chandler
Siblings: Joel, Moriah, Emma, & Ethan
Hobbies: violin & music

Favorite Scripture

Revelation 8 & 9

Trumpets calling out judgment

8:6th Then the seven angels who had the seven trumpets prepared to sound them.

7th The first angel sounded his trumpet, and there came hail and fire mixed with blood, and it was hurled down upon the earth. A third of the earth was burned up, a third of the trees were burned up, and all the green grass was burned up."

Favorite Scripture

1 Corinthians 13

"If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal...

⁴ Love is patient, love is kind...

¹³ And now these three remain: faith, hope, and love. But the greatest of these is love."



Matthew 6:34 (NIV)

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Favorite Scripture

Revelation 20:10

Satan's doom and the hope in it

"And the devil, who deceived them, was thrown into the lake of burning sulfur, where the beast and the false prophet had been thrown. They will be tormented day and night for ever and ever."



MAY 2013



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<p><u>May Bus Driver Schedule</u></p> <p>5 - Dan Odens</p> <p>14 - Mike Fox & Jake Greder</p> <p>21 - Pat Garrelts & Dan Odens</p> <p>28 - Ryan Findley</p>			<p>1</p> <p>12:15-12:45 Weight Watchers</p> <p>3:30 CCF</p> <p>5:30 Confirmation</p> <p>5:30 Praise Band</p> <p>6:30 UMYF</p> <p>7:00 Choir</p>	<p>2</p> <p>9:00 Quilters</p> <p>5:45-6:15 Weight Watchers</p>	<p>3</p>	<p>4</p> <p>8:30-9:00 Weight Watchers</p>
<p>5 Confirmation</p> <p>8:45 Worship</p> <p>9:45 Sunday School</p> <p>11:00 Worship</p> 	<p>6</p> <p>9:30-10:00 Weight Watchers</p> <p>6:30 Christian Ed</p> <p>6:45 Little Mexico Nurture Celebration</p> <p>7:00 Webelos I</p> <p>7:00 Boy Scouts</p>	<p>7</p> <p>9:30 Women's Bible Fellowship</p> <p>5:30 Nurture</p> <p>6:30 Ad Council</p> <p>7:00 Tigers</p>	<p>8</p> <p>12:15-12:45 Weight Watchers</p> <p>5:30 Praise Band</p> <p>6:30 UMYF</p> <p>7:00 Choir</p>	<p>9</p> <p>9:00 Quilters</p> <p>5:45-6:15 Weight Watchers</p>	<p>10</p>	<p>11</p> <p>8:30-9:00 Weight Watchers</p>
<p>12 Mother's Day</p> <p>8:45 Worship</p> <p>9:45 Sunday School</p> <p>11:00 Worship</p> 	<p>13</p> <p>9:30-10:00 Weight Watchers</p> <p>7:00 Boy Scouts</p>	<p>14</p> <p>9:30 Women's Bible Fellowship</p> <p>6:30 Girls # 694</p> <p>7:00 Wolves</p> <p>7:00 Bears</p>	<p>15</p> <p>12:15-12:45 Weight Watchers</p> <p>5:30 Praise Band</p> <p>7:00 UMYF</p> <p>7:00 Choir</p>	<p>16</p> <p>9:00 Quilters</p> <p>5:45-6:15 Weight Watchers</p>	<p>17</p> <p>5:00 Duester Rehearsal</p> <p>6:30 PFLAG</p>	<p>18</p> <p>8:30-9:00 Weight Watchers</p> <p>3:00 Duester Wedding</p>
<p>19 Pentecost Graduate Sunday</p> <p>8:45 Worship</p> <p>9:45 Sunday School</p> <p>11:00 Worship</p> <p>3:00 Danburg Reception</p> 	<p>20</p> <p>9:30-10:00 Weight Watchers</p> <p>7:00 Webelos I</p> <p>7:00 Boy Scouts</p>	<p>21</p> <p>9:30 - Women's Bible Fellowship</p> <p>7:00 Tigers</p>	<p>22</p> <p>12:15-12:45 Weight Watchers</p> <p>5:30 Praise Band</p> <p>7:00 UMYF</p> <p>7:00 Choir</p>	<p>23</p> <p>9:00 Quilters</p> <p>5:45-6:15 Weight Watchers</p>	<p>24</p>	<p>25</p> <p>8:30-9:00 Weight Watchers</p>
<p>26</p> <p>8:45 Worship</p> <p>9:45 Sunday School</p> <p>10:00 Coffee With Pastor Michelle</p> <p>11:00 Worship</p> <p>12:00 Community Meal</p>	<p>27 Memorial Day</p> <p>9:30-10:00 Weight Watchers</p> 	<p>28</p> <p>9:30 - Women's Bible Fellowship</p> <p>7:00 Tigers</p>	<p>29</p> <p>12:15-12:45 Weight Watchers</p> <p>5:30 Praise Band</p> <p>7:00 UMYF</p> <p>7:00 Choir</p>	<p>30</p> <p>9:00 Quilters</p> <p>5:45-6:15 Weight Watchers</p>	<p>31</p>	

FAJTH FELLOWSHIP

When: Sundays
Time: 9:45-10:45 a.m.
Where: Overflow Room
What: Join us for fellowship & morning beverages between services.

Vital: Churches Changing Communities and the World is a sermon series that will run through Pentecost. Join us for the conversation about what it is to be a vital church!



Open hearts. Open minds. Open doors.

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 Email: faithumc@kdsi.net
KearneyFaith.org
 Pastor Michelle Reed
 District Superintendent Alan Davis
 Bishop Scott Jones

Address Service Requested

THIS MONTH USHERS

8:45 AM

5 - Steve & Suzann Christensen,
 Rob & Lee Carter

Scripture - Penny Buettner

12 - Sue & John Divan, Chase &
 Tyler Divan

Scripture - Keith Danburf

19 - Bill & Alta Crapson, Dan &
 Jason Odens

Scripture - Zeanna Odens

26 - Rachel Brown & Family, Mark
 Gifford

Scripture - Mark Gifford

11:00 AM

5 - Rishel Family

Scripture - Confirmands

12 - Chandler Family

Scripture - Moriah Chandler

19 - Ryan Findley & Carrie
 Bruggeman

Scripture - Ryan Findley

26 - Mike & Linda Johnson, Carolyn
 Forney

Scripture - Carolyn Forney



Sodium: How You Can Cut Back

Nearly 1 in 3 adults is living with this “silent killer.” Cut back on sodium to lower your risk.

Most of the sodium we consume is already in the food when we buy it, mainly in processed, packaged, and restaurant foods. Only a small percentage of the sodium we eat is added from the salt shaker during cooking or at the table. According to a recent Centers for Disease Control and Prevention (CDC) *Vital Signs*, most of the sodium Americans eat comes from 10 types of food. Foods like bread, cold cuts, pizza and poultry top the list.

There are a few simple steps you can take to control how much sodium you eat each day:

- ϕ Eat more fresh fruits and vegetables, or frozen fruits and vegetables with no sauce or salt added.
- ϕ Red nutrition labels and choose lower sodium options.
- ϕ Cook meals at home from scratch, and use herbs and spices, rather than salt or packaged sauces, to season your foods.
- ϕ Ask restaurants for low sodium options or not to add salt to your food.

To learn more about reducing sodium in your diet, visit www.cdc.gov/salt.