



# Tallapoosa County BOE Fall Wellness Newsletter



Whether you're yelling, "Roll Tide" or "War Eagle", something we can all agree on is the need for healthier tailgating. Here are a few options:



Cheese, Fruit, and  
Olives

Eggs, Bacon,  
Assorted Muffins,  
Cheese Cubes &  
Fruit



Assorted Muffins,  
Fruit, Nuts, &  
Cheeses



Parfait Charcuterie



Burrito Charcuterie





## 10 Easy Tips for Reducing Sodium Consumption

Learning about sodium in foods and exploring new ways to prepare foods can help you achieve your sodium goal. And, if you follow these tips to reduce the amount of sodium you consume, your “taste” for sodium will gradually decrease over time—so eventually, you may not even miss it!

### 1 Read the Nutrition Facts label

Compare and choose foods to get less than 100% DV (less than 2,300 mg) of sodium each day.

### 2 Prepare your own food when you can

Limit packaged sauces, mixes, and “instant” products (including flavored rice, instant noodles, and ready-made pasta).

### 3 Add flavor without adding sodium

Limit the amount of table salt you add to foods when cooking, baking, or at the table. Try no-salt seasoning blends and herbs and spices instead of salt to add flavor to your food.

### 4 Buy fresh

Choose fresh meat, poultry, and seafood, rather than processed varieties. Also, check the package on fresh meat and poultry to see if salt water or saline has been added.

### Watch your veggies

### 5 Buy fresh, frozen (no sauce or seasoning), or low sodium or no-salt-added canned vegetables.

### Give sodium the “rinse”

### 6 Rinse sodium-containing canned foods, such as beans, tuna, and vegetables before eating. This removes some of the sodium.

### 7 “Unsalt” your snacks

Choose low sodium or no-salt-added nuts, seeds, and snack products (such as chips and pretzels)—or have carrot or celery sticks instead.

### 8 Consider your condiments

Sodium in condiments can add up. Choose light or reduced sodium condiments, add oil and vinegar to salads rather than bottled dressings, and use only a small amount of seasoning from flavoring packets instead of the entire packet.

### 9 Reduce your portion size

Less food means less sodium. Prepare smaller portions at home and consume less when eating out—choose smaller sizes, split an entrée with a friend, or take home part of your meal.

### 10 Make lower-sodium choices at restaurants

Ask for your meal to be prepared without table salt and request that sauces and salad dressings be served “on the side,” then use less of them. You can also ask if nutrition information is available and then choose options that are lower in sodium.

## Crispy Baked Chicken Wings: Unlock Perfect Crispiness!

Crispy Baked Chicken Wings are the perfect blend of flavor and crunch, offering a delicious appetizer or main dish that is sure to impress.  
Author: Alex Lee

Prep Time: 10 minutes Cook Time: 45 minutes

Total Time: 55 minutes

Yield: 4-6 servings

Diet: Gluten Free

### Ingredients

2 lbs chicken wings, split into drumettes and flats

1 tablespoon baking powder (aluminum-free)

1 teaspoon salt

1 teaspoon black pepper

1 teaspoon garlic powder

1 teaspoon paprika

½ teaspoon onion powder

½ teaspoon cayenne pepper (optional, for heat)

½ cup buffalo sauce or BBQ sauce

2 tablespoons melted butter

### Instructions

Preheat oven to 425°F (220°C). Line a baking sheet with foil and place a wire rack on top. Lightly grease the rack with oil or non-stick spray. Pat chicken wings very dry with paper towels. The drier they are, the crispier they'll get.

In a large bowl, toss wings with baking powder, salt, pepper, garlic powder, paprika, onion powder, and cayenne until evenly coated.

Arrange wings in a single layer on the wire rack.

Bake for 20 minutes, flip, then bake another 20-25 minutes until golden brown and crispy.

For sauced wings: in a large bowl, mix buffalo or BBQ sauce with melted butter. Toss hot wings in sauce until coated.

Serve immediately with celery sticks, carrot sticks, and ranch or blue cheese dressing.

### Notes

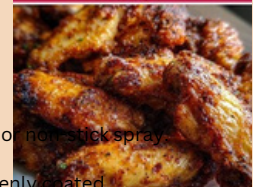
Make sure the wings are as dry as possible for optimal crispiness.

You can adjust the amount of cayenne pepper based on your spice preference.

Serve with your favorite dipping sauce for added flavor.



Crispy Baked Chicken Wings



Nutrition Serving Size: 1 serving Calories: 350 Sugar: 0 Sodium: 500mg Fat: 20g Saturated Fat: 5g Unsaturated Fat: 15g Trans Fat: 0g Carbohydrates: 5g Fiber: 0g Protein: 30g Cholesterol: 80mg

Find it online: <https://www.spiritsdrink.com/crispy-baked-chicken-wings-recipe/>

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