



Food Hero Is Here for You!

Whether you are a new or experienced gardener or cook, Food Hero has resources for everyone. You'll find...

- Healthy recipes that are tasty, quick and low-cost.
- Gardening and nutrition information.
- Resources that celebrate diverse foods and cultures.
- Food Hero Monthlies with tips about featured foods.

Available in Spanish and English.

Search by ingredient, meal type, special diets, kid-approved recipes and so much more!

Scan to visit FoodHero.org



**Oregon State
University**

Funded by OSU Extension and USDA SNAP. For information on nutrition assistance through Oregon SNAP, contact Oregon SafeNet at 211.

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