

Food Hero Online Campaign Highlights

Oregon State University

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Welcome to Food Hero, your go-to site for quick, tasty, healthy recipes and helpful tips. Whether you're a beginning cook or a kitchen pro, you'll find something new for your family to enjoy.

Healthy Recipes

338+ well-tested recipes

Campaign tools available for all communities

Materials in Spanish, English and some Vietnamese

FOOD HERO
FoodHero.org

Where Healthy Food is Fun, Fast, Tasty and Fits Your Budget

125,000+ website users each month

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Coloring Sheets

Food Hero Monthly

Kid Approved Recipes

Search Recipes by Ingredient

5,890+ social media followers

72+ quantified and USDA meal pattern credited recipes

Cooking for a Crowd?

Check out our **Quantity Recipes**, a great addition to any party or event with large numbers of servings! Even better, all these recipes were approved by Child Nutrition Specialists and meet the USDA meal pattern requirements for schools and child centers. Delicious and healthy!

Monthly Magazine

53,000+ copies distributed each month

View the magazine

74% of the recipes have user comments

Recent Recipe Reviews

Baked Apple Chips
My small kiddos really loved these! Including cooking them! We cooked for about an hour and they were still soft...

1 of 249 next >

At least 70% of kids who tried these 89+ recipes liked the taste!

Find recipes that use ingredients you already have in the kitchen...

Take a Look

Audience favorite: search recipes by ingredient

KID APPROVED

Recent Kid-Friendly Recipes

November 2017