

It's Cook Together at Home Week!

Cooking together helps build strong bonds, new skills and supports healthy eating.

Kids can:

1. Help plan meals.
2. Wash fruits and vegetables.
3. Measure and mix ingredients.
4. Chop ingredients.
5. Set the table and help clean.

Food Hero educators across Oregon will cook together with their families at least once this week!

Hello Friends! I am so excited to cook with my family during this special Cook Together Week! One of my favorite dinners to make together is spaghetti.



A fun cooking task is to measure foods!



Visit [FoodHero.org](https://www.foodhero.org) to find low-cost, healthy, tasty and simple recipes!

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