

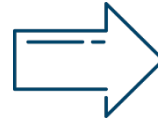
Food Hero in Your School Cafeteria



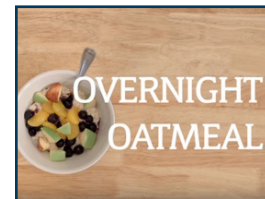
Ideas for promoting healthy messages with your students and staff!

Five Free Tools

- 1. Share Healthy Messages:** Follow and share Food Hero social media posts: [foodhero.org/social-media](https://www.foodhero.org/social-media).



- 2. Show Healthy Videos:** Play and share “how-to” Food Hero recipe videos! Access a 21-minute montage video, or shorter videos here: [foodhero.org/videos](https://www.foodhero.org/videos).



- 3. Try a New Recipe:** Serve a Food Hero quantity recipe at meetings, special events or in the cafeteria: [foodhero.org/quantity-recipes](https://www.foodhero.org/quantity-recipes). Test the recipe by using the Kids Tasting Assessment: <https://www.foodhero.org/tastingassessments>.



- 4. Feature a Healthy Ingredient:** Food Hero has a suite of resources for over 50 common ingredients, such as jokes, illustrations, coloring sheets, a Bulletin Board Kit and more. Use these resources creatively throughout your cafeteria: [foodhero.org/ingredients](https://www.foodhero.org/ingredients).



- 5. Honor Champions:** Use the Food Hero Award to celebrate healthy successes and behaviors: [foodhero.org/award-template](https://www.foodhero.org/award-template). There are countless ways to use this. Be creative and have fun!



All of these resources are available in English and Spanish.

We would love to hear from you! Email ideas, questions or comments to food.hero@oregonstate.edu.



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