

Food Hero

Social Marketing Campaign Highlights

OSU Oregon State University

317 well-tested recipes

Campaign in Spanish + English

Campaign tools available for all

At least 70% of the kids who tried these 55 recipes like the taste!

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Kid-Approved Healthy Recipes

Where Healthy Food is Fun, Family Fits You

135,000+ website users each month

5,100+ Social Media followers

67 quantified and USDA meal pattern credited recipes

690 user recipe comments

500,000+ copies distributed each month

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Coloring Sheets

Food Hero

Kid Approved Recipes

Search Recipes by Ingredient

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!

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

Take a Look

Monthly Magazine

Give Your Family More of the Good Stuff!

View the magazine

Recent Recipe Reviews

Favorite Pancakes (without eggs)
Any of the milks should work fine. The Food Hero Team

Kale and White Bean Soup
I made this recipe with 1st graders and it was great, some remarked it was like a pizza soup. Easy, yummy and fun to make.

Favorite Pancakes (without eggs)
I have organic unsweetened almond milk. Will this cause a problem?

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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