

Food Hero Online Campaign Highlights

Over 6,000 social media followers

Oregon State University

Free customizable tools for all communities

Over 1.75 million visits to the website per year

Home Recipes A-Z List Ingredients A-Z List Español

How to Make Pancakes

Great ideas for cooking pancakes with kids!

Watch later Share

Log In Register

Food Hero Monthly Kids Tools for Partners Search Recipes by Ingredient

Resources for 62 featured ingredients

Toggle Between English and Spanish on nearly every section of the website

Audience favorite: Search Recipes by Ingredient

Over 22 recipes featured in videos

350 well-tested recipes

Healthy Recipes

80% of the recipes have user comments

At least 70% of kids who tried these 77 recipes liked the taste!

Kids

Art contest, activities, coloring sheets, ...and tons of kid-approved recipes!

Kids go here!

76 quantified and USDA meal pattern credited recipes

Cooking for a Crowd?

Check out our **Quantity Recipes**, a great help for parties and other events with large numbers of people. 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

Come see all the Monthly Magazines that we published. We hope you find them helpful in cooking healthy meals for you and your family!

View current and past magazines

Over 37,000 print plus 3,900 email subscribers monthly