

GIVE THEM MORE OF THE
Good Stuff



FoodHero.org

Oregon State
UNIVERSITY

Extension Service

BE A FOOD HERO *for Your Family*

**Get healthy recipes and smart shopping tips
at the new FoodHero.org.**

This material was funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 1-800-723-3638. This institution is an equal opportunity provider and employer.

© 2012 Oregon State University. OSU Extension Service cooperating. OSU Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. OSU Extension Service is an Equal Opportunity Employer.