

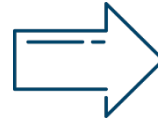
Food Hero in Your Office

Ideas for promoting healthy messages with your co-workers and colleagues!

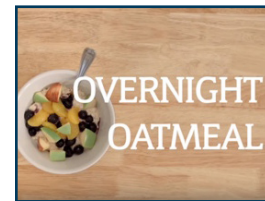


Five Free Tools

- 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. Model Healthy Eating:** Print out recipes or Food Hero Monthlies for the staff room and lobby. Serve a Food Hero quantity recipe at meetings or conferences: [foodhero.org/quantity-recipes](https://www.foodhero.org/quantity-recipes).



- 4. Feature a Healthy Ingredient:** Food Hero has a suite of resources for over 50 common ingredients, such as recipes, monthly magazines, illustrations, coloring sheets, a Bulletin Board Kit and more. Use these resources creatively throughout your office and program: [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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