

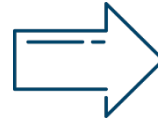
# Food Hero in Your Pantry

Ideas for promoting healthy messages with your clients and staff!

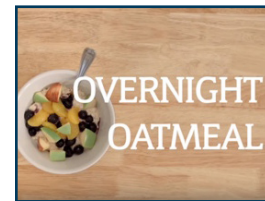


## Five Free Tools

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



- 3. Model Healthy Eating:** Print out recipes or Food Hero Monthlies for the waiting room. Serve a Food Hero quantity recipe at staff meetings: [foodhero.org/quantity-recipes](http://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 pantry: [foodhero.org/ingredients](http://foodhero.org/ingredients).



- 5. Honor Champions:** Use the Food Hero Award to celebrate healthy successes and behaviors: [foodhero.org/award-template](http://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](mailto:food.hero@oregonstate.edu).



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