

OSU website helps families rescue dinner

Published Mar 8, 2012 at 04:00AM

Oregon State University Extension Service has updated its "Food Hero" website (www.foodhero.org) to help families that want to eat healthful meals.

Food Hero is a research-based social marketing campaign aimed at parents and children. The website, in English and Spanish, offers tips and tools on how to prepare simple, low-cost meals. It includes educational components about everything from portion sizes to calories to food safety.

The OSU service aims to show families how easy it can be to eat more fruits and vegetables, whether fresh, frozen or canned. The website includes a large assortment of recipes and ideas, such as how to make leftovers more interesting. Recipes can be sorted into categories such as "kid-friendly" or "special diets."

— Anne Aurand, The Bulletin