****

**Sign Up Today:**

**Be a Food Hero**Pantry   
Project **Volunteer**

**Examples of Volunteer Duties:**

* Attend a training session.
* Obtain a food handler’s card (fee covered!).
* Pick up a pre-packaged supply box.
* Set up a demo table and serve tastes of Food Hero recipes at a food pantry.
* Return the supply box to be cleaned and   
  re-packed for next time.

**Where:** We are at all 9 Tillamook County food pantries! Contact us for more information on hours, duties, and location.

**To Register:** Call or email Grace Corry, at the OSU Extension office: **(503) 842-3433** or **grace.corry@oregonstate.edu**

**Tillamook County’s Pantry Project directly serves our community!   
  
Our Volunteers:**

* Serve food samples at all 9 Tillamook County/Oregon Food Bank Pantries.
* Encourage healthy eating through the sampling of recipes from foodhero.org.
* Exchange ideas with pantry shoppers about low-cost ways to cook tasty meals.
* Make new friends!

