



# What does it mean to be a Food Hero?



## There are lots of ways to be a Food Hero.

Here are a few:

**Try a new food!**

If you're not ready to taste it, try it by looking at it, touching it, or smelling it!



**Brighten your plate with vegetables of different colors!**



**Have fruit for dessert!**

**Can you think of more ways to be a Food Hero?**



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an Equal opportunity provider and employer.

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