

# It's Be a Food Hero at Home Week!

## There are a lot of ways to be a Food Hero!

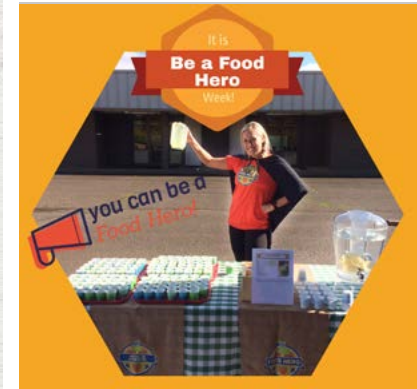
*Here are a few:*

1. Try a new food! If you're not ready to taste it, try it by looking at it, touching it or smelling it.
2. Brighten your plate with vegetables of different colors!
3. Have fruit for dessert.

**Food Hero educators across Oregon are thinking of their favorite ways to be Food Heroes this week!**

*Hello Food Heroes!*

I am going to make sure I think of a way to be a Food Hero every day this week! One of my favorite ways is to eat a vegetable at dinner.



*What is your favorite way to be a Food Hero?*



**Visit [FoodHero.org](https://www.FoodHero.org) to find low-cost, healthy, tasty and simple recipes!**

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