

Food Hero at Home/Héroe de Alimentos en Casa

Team: Carolina Muñiz, Maureen Quinn Lores, Matilde Rodriguez Ortiz, Francisca Lopez, Maria Falcon, Abbie Warmbier, Hannah Nelson, Carly Kristofik

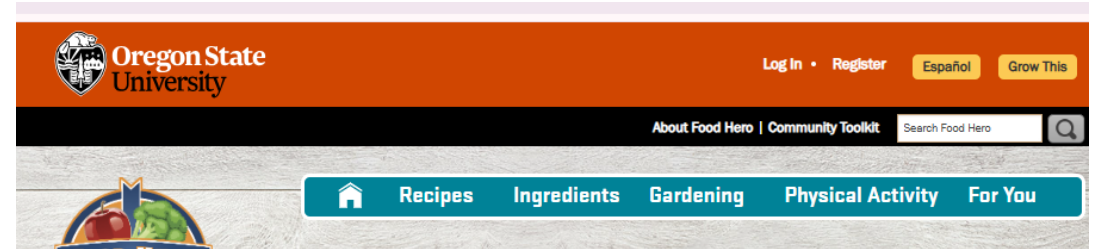
What: Monthly online class focused on FH featured food of the month

- Nutrition, tips to save money and time, and store food longer
- Recipe preparation

When: 2nd Wednesday of every month, from 5-6pm on Zoom

Languages: English and Spanish

How are we recruiting? Food Hero listserv, ODHHS statewide staff newsletter and local partners



Food Hero at Home

Event Date: Wednesday Mar 12 2025, 5:00pm (PST)

Food Hero at Home Class Registration

Join us for Food Hero at Home! We will learn to make easy, healthy, and budget-friendly meals using Food Hero's monthly featured food.

In this monthly online class, you'll learn:

- To prepare tasty, budget-friendly meals and snacks.
- To save money and time on food preparation.
- To store your food so it lasts longer and stays safe.

This class will be held on Zoom.

Registration is required.

Register for Food Hero at Home using the Class Registration button found near the top of this event page.

For assistance, please contact:

- Carly Kristofik – carly.kristofik@oregonstate.edu or 503-373-3769

Food Hero at Home/Héroe de Alimentos en Casa

Request for help!

- Share this opportunity with partners in your region

And/Or

- Join us!

Next planning meeting:

Thursday, 2/27 from 9-10am

Contact Carly or Francis for Zoom info.

¡Únase a nosotros para reunir, compartir y aprender!

¡Escanee para visitar FoodHero.org/events donde podrá ver nuestros próximos eventos, clases en línea y mucho más!

Fundado por el Servicio de Extensión de OSU y USDA SNAP. Para obtener información sobre asistencia nutricional a través de Oregon SNAP, comuníquese con Oregon SafeNet al 211.
El Servicio de Extensión de Oregon State University prohíbe la discriminación en todos sus programas, servicios, actividades y materiales. Esta institución es un proveedor que ofrece igualdad de oportunidades.

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Join us to gather, share and learn!

Scan to visit FoodHero.org/events where you can view our upcoming events, online classes and so much more!

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