

# It's Celebrate Together at Home Week!

## Healthy and fun celebrations at home, school or anywhere build healthy traditions!

*There are many fun, healthy ways to celebrate together. Here are a few:*

1. Offer a variety of healthy food options at your next celebration.
2. Create artwork with your food, such as food hero!
3. Try celebrating with non-food activities such as dancing, games and storytelling.



## Food Hero educators across Oregon are celebrating in a healthy way this week!

*Hello Friends!* My family is celebrating our family who lives away from Oregon this week. We plan to each pick a dinner together and make it on the same night, I guess it will be spaghetti! We also will read a book with them on the phone over the week.



*Food Hero family eating together!*

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

This material was funded by USDA. For information on nutrition assistance through Oregon SNAP, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.