



Find healthy recipes at Food Hero.org



There are lots of ways to discover recipes on Food Hero.

Here are a few:



Baked Apples & Squash



Tasty Hamburger Skillet



Sweet Carrot Muffins



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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