BE A FOOD HERO AT YOUR SITE

www.FoodHERO.org

Oregon State University
AGENDA

1) Think, Pair and Share Activity
2) What Would You Do? Strategies for Success!
3) Cooking Together Safely
4) Hands-on Food Hero recipe preparation
5) Food Hero Resources
6) Reflection and Questions
OBJECTIVES

1. Gain new research-based resources for healthy, fun recipe preparation
2. Participate in a healthy, hands-on cooking demo and try it!
3. Learn important kitchen safety practices for providers and youth
4. Set goals to provide and/or prepare healthy, low-cost snacks at your site
THINK, PAIR AND SHARE

1. Where do you work, and what is your role?

2. Why did you choose this session today?

3. How do you or would you like to support healthy food and beverage choices in your role?
WHAT
WOULD YOU
DO?
High-Speed Handwashing
Let’s begin by lining up at the sink.

1. Wet your hands, then give them a shake.
2. Squirt your hands with soap.
3. Walk to the end of the line.
4. Scrub hands (20 seconds at least) as you keep moving forward in line.
5. Back at the sink, rinse the gurns down the drain.
6. Step aside, towel-dry and you’re done!

**Cooking Together Safely**

**Sanidad en la alimentación**

1. Lave las manos con jabón y agua.
2. Estando en el refrigerador, guarnal de la carne de vaca y lávalo con jabón.
3. Lave las superficies de las superficies.
4. Lave las superficies de las superficies.
5. Lave las superficies de las superficies.
6. Lave las superficies de las superficies.
7. Lave las superficies de las superficies.
8. Lave las superficies de las superficies.
9. Lave las superficies de las superficies.
10. Lave las superficies de las superficies.

**10 consejos para reducir el riesgo de enfermedades por contaminación de alimentos**

1. **Separar**
   - Separe los productos al comprar.
2. **Lavar**
   - Separe los productos al preparar.
3. **Sanitice las superficies de las superficies.
4. **Lavado de las superficies de las superficies.
5. **Lavado de las superficies de las superficies.
6. **Lavado de las superficies de las superficies.
7. **Lavado de las superficies de las superficies.
8. **Lavado de las superficies de las superficies.
9. **Lavado de las superficies de las superficies.
10. **Lavado de las superficies de las superficies.

Knife Safety Tips

- When chopping, always place the food cut side down so that it is more stable.
- To hold food you are about to cut, use the "claw" method: curl your fingers and thumb before placing them on top of the food.
- Cut with a rocking motion rather than straight down.
- Set the knife down with the blade pointed away from you when not in use. If walking with a knife, place it at your side and pointed down.

Cooking Tips

The "Claw" Method

Curl the fingertips and thumb of your non-knife hand. Place your fingertips on top of the food you are cutting.
Food Hero Cowboy Salad

Héroe de Alimentos Ensalada Vaquero
BE A FOOD HERO AT YOUR SITE!

Let’s check out a few FREE resources you can use to Be A Food Hero at FoodHero.org!
1. What is at least one idea or resource you plan to use in your school community?

2. What else would you like to learn about healthy school communities?

3. How can OSU Extension best support you at your site?
QUESTIONS?

Contact Information:

Kelly Noack
4-H Program Coordinator
Kelly.Noack@oregonstate.edu

Carly Kristofik
SNAP-Ed Program Coordinator
Carly.kristofik@oregonstate.edu