Here is your January Food Hero Monthly with a theme of beans! Click here for the English and Spanish PDFs. You can access all Food Hero Monthlies here [http://foodhero.org/monthly](http://foodhero.org/monthly).

FCH Program Clackamas County Updates:

Serving Up MyPlate!

- Nutrition educators are teaching Serving Up MyPlate to 2nd graders starting this month in Molalla Elementary and River Mill Elementary in Estacada. Interested in ordering the curriculum for a school or grade we aren’t currently serving? [It is available for free from the USDA here](http://foodhero.org/monthly).
Family Food Education Volunteer Celebration
- In appreciation for our hardworking Family Food Educators, this celebration will involve a review of last year’s activities and planning for the next year. It is part of our goal to provide ongoing education opportunities to our volunteers. This event will include a hands-on sausage making lesson. Contact Katlyn Axmaker if you are interested in becoming a volunteer with our program.

Kale and White Bean Soup at the Sandy Seed Swap
- Visit our table at the Sandy Seed Swap at the Sandy Public Library on January 27th from 1:30-3:00pm to try our new favorite Food Hero recipe, the Kale and White Bean Soup.
Thank you to our FCH Champions!

- See the Focus on Extension article about our twelve 2018 champions, who received recognition from our program for excellence in creating healthy communities.

Need resources for Emergency Preparedness for your organization or school?

- OSU has a collection of preparedness topics with extensive information and resources online here: http://emergency.oregonstate.edu/preparedness-topics.