

OSU Extension  
**FAMILY &  
COMMUNITY**  
**HEALTH**



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>.



**FCH Program Clackamas County Updates:**



**Serving Up MyPlate!**

- Nutrition educators are teaching Serving Up MyPlate to 2<sup>nd</sup> 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](#).



### **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**

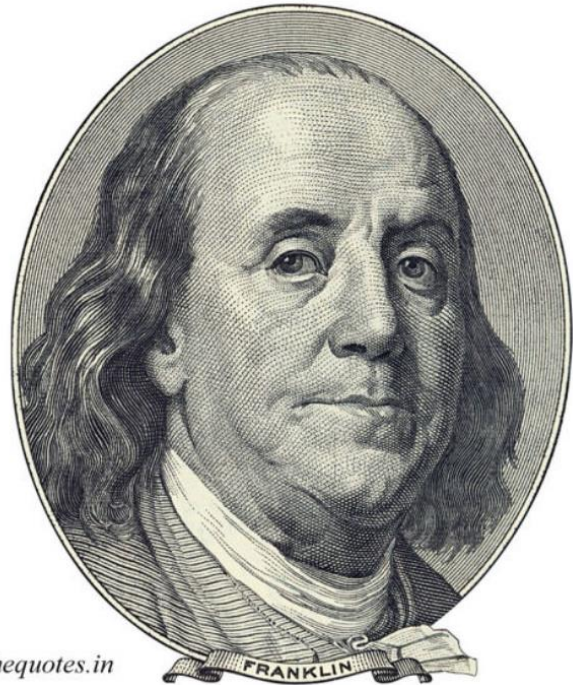
- Visit our table at the Sandy Seed Swap at the Sandy Public Library on January 27<sup>th</sup> from 1:30-3:00pm to try our new favorite Food Hero recipe, the [Kale and White Bean Soup](#).

**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.

By failing to prepare, you  
are preparing to fail.

*Benjamin Franklin*



[www.thequotes.in](http://www.thequotes.in)

**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>.