Do you want to make a real, tangible difference for your family and friends’ health?

Be our champion. Talk about Food Heroes to key influencers, parents, and schools!

Better food choices is the key to personal, planetary, economic, societal health.

“Improving diets can improve development pathways of entire countries. It is the single golden lever to achieve all 17 Global Goals.”

- David Nabarro, UN Special Adviser on 2030 Agenda for Sustainable Development Goals.

Partner with us by scanning the following QR code, or send us an email at volunteer@foodheroes.org

“Following this food education program could be the single most impactful intervention on children’s health.”

— Brett Rierson
World Food Program Representative in China
Our audacious goal is to help people eat in a way that is good for them and good for the planet.

Food Heroes is developed with the world’s leading experts across nutrition, medicine, agriculture, cooking, food production, sustainability, gamification, and storytelling.

We help kids and parents master healthy food choices both in classroom and home settings by engaging them in play-based, kid-tested activities that help retain learning.

Ultimately, we aim to include Food Heroes curriculum in mandated nationwide food extracurricular education.

Food Heroes is a play-based, food education program empowering kids 3-9 years old and their families to make smart food decisions.

Flashcard games teach bilingual food literacy to the whole family.

A perfect gift for friends and relatives with kids!

2Billion people are now overweight, compared to 1 Billion underweight. That is a whopping 27% of the world’s population as of April 2017, and it is growing

In China, the fifth cause of death is obesity. China also has an alarmingly disproportionate number of diabetic patients. It has 1/5 of the world’s population, but 1/3 of the world’s diabetic patient. These are completely preventable lifestyle choices.

In one generation, 20% of China’s children have become overweight. 15% are already pre-diabetic.

Better food choices can prevent these rising epidemics.

Yet most countries have no food education program.

健康中国 2030 “Healthy China 2030” is a national strategy calling for food choices that promote a healthier culture. Food Heroes provides a comprehensive curriculum developed for China’s kindergarteners and their families.