

# Healthy Teaching Kitchen Tools and Resources



**VA** | U.S. Department  
of Veterans Affairs

The VA Healthy Teaching Kitchen (HTK) program offers a variety of online tools and resources to support you with healthy cooking.

## Recipes and Cookbooks

Visit: [www.nutrition.va.gov/Recipes.asp](http://www.nutrition.va.gov/Recipes.asp) (or scan QR code with your smartphone's camera)

- Recipes in various categories (e.g. main dishes, sides, beverages, snacks) with new recipes added on a regular basis
- Cookbooks on various topics, including: One-Pot Meals, Healthy Cooking at Home, Cooking Around the World, Garden to Table, and Cooking with Ease



## Recipe and Cooking Demonstration Videos

- **YouTube** – Visit: [www.youtube.com](http://www.youtube.com), then search “VHA Healthy Teaching Kitchen”
- **Chicago VA Facebook Live Healthy Teaching Kitchen** – Visit: [www.facebook.com/VACHicago](http://www.facebook.com/VACHicago)
  - \* 2nd Thursday of the month at 11:00am-12:00pm EST
  - \* Videos are saved on the Facebook page after the Live event for future viewing

## Other Recipes and Healthy Cooking Tips

- **MyPlate Kitchen** – For recipes, videos, and healthy eating tips. Visit: [www.choosemyplate.gov/myplatekitchen](http://www.choosemyplate.gov/myplatekitchen)
- **Have a Plant** – Meal planning resources and recipes, with an emphasis on fruits and vegetables. Visit: [www.fruitsandveggies.org](http://www.fruitsandveggies.org)
- If you need meal ideas, try using an Internet search tool. For example, if you have chicken and broccoli, search “Easy Healthy Chicken Broccoli recipe”.

## Point of Contact

Many VA facilities offer in-person and/or virtual Healthy Teaching Kitchen classes. To learn about local options, contact the nutrition department at your facility.