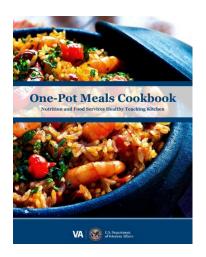
Recipe and Cooking Videos

The VA Nutrition and Food Service (NFS) Department and Healthy Teaching Kitchen (HTK) Program offer many recipes, videos, and classes. **Click cookbook for link.**



• Recipes, Cookbooks, and Cooking Videos:

- Visit <u>www.nutrition.va.gov/Recipes.asp</u> for
 - Individual recipes, organized by category
 - Full cookbooks
 - <u>Healthy Cooking at Home</u>
 - One-Pot Meals
 - <u>Cooking Around the World</u>
 - <u>Garden to Table</u>
 - <u>Cooking with Ease</u>
 - YouTube search for <u>VA HTK</u>
- Chicago VA Facebook:
 - Visit <u>www.facebook.com/VAChicago/</u> for live classes the 2nd Thursday of the month, 11am-12pm EST or recordings
- Local HTK Classes:
 - Many VAs offer in-person or virtual HTK classes. To learn about your local options, contact your NFS Department.



• Budget Friendly Nutrition Handouts & Resources:

• <u>www.nutrition.va.gov/Food_Insecurity.asp</u>

• Other .gov Recipe Searches:

- U.S. Department of Agriculture (USDA) <u>www.nutrition.gov</u>
- MyPlate Kitchen <u>www.myplate.gov/myplate-kitchen/recipes</u>
- National Institutes of Health (NIH) <u>www.nih.gov</u> search for recipe

Ask your Dietitian for more information.

Dietitian Contact Information:



U.S. Department of Veterans Affairs