

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 (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, then search “VHA Healthy Teaching Kitchen”
- **Chicago VA Facebook Live Healthy Teaching Kitchen** – Visit: 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
- **Have a Plant** – Meal planning resources and recipes, with an emphasis on fruits and vegetables. Visit: 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.