Healthy Teaching Kitchen Tools and Resources

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

- **VHA Cookbooks:** [www.nutrition.va.gov/Recipes.asp](http://www.nutrition.va.gov/Recipes.asp)
  - Yummy Benefits cookbook, volumes I and II

- Low Sodium Cookbook
- Cooking with Ease

- **Healthy Teaching Kitchen Recipe Videos:**
  - **YouTube:** [www.youtube.com](http://www.youtube.com), search VHA Healthy Teaching Kitchen
  - **Chicago VA Facebook Live Healthy Teaching Kitchen:** [www.facebook.com/VAChipago/](http://www.facebook.com/VAChipago/)
    - 2nd Thursday of the month 11am-12pm EST
    - *videos are saved on the Facebook page after the live event*
• **Recipes and other healthy cooking tips:**

  
  • Fruits and Veggies More Matters: Meal planning resources and recipes: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)
  
  • Need meal ideas; use an internet search tool. If you have chicken and broccoli, search “Easy Healthy Chicken Broccoli recipe.”

Many VAs offer in-person Healthy Teaching Kitchen Classes. To learn about your local options, contact your Nutrition department.