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 [www.nutrition.va.gov/Recipes.asp](http://www.nutrition.va.gov/Recipes.asp) for
  - Individual recipes, organized by category
  - Full cookbooks
    - [Healthy Cooking at Home](#)
    - [One-Pot Meals](#)
    - [Cooking Around the World](#)
    - [Garden to Table](#)
    - [Cooking with Ease](#)
  - YouTube search for **VA HTK**

**Chicago VA Facebook:**
- Visit [www.facebook.com/VACHicago/](http://www.facebook.com/VACHicago/) 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:**
  • [www.nutrition.va.gov/Food_Insecurity.asp](http://www.nutrition.va.gov/Food_Insecurity.asp)

• **Other .gov Recipe Searches:**
  • U.S. Department of Agriculture (USDA) [www.nutrition.gov](http://www.nutrition.gov)
  • MyPlate Kitchen [www.myplate.gov/myplate-kitchen/recipes](http://www.myplate.gov/myplate-kitchen/recipes)
  • National Institutes of Health (NIH) [www.nih.gov](http://www.nih.gov) search for recipe

Ask your Dietitian for more information.

**Dietitian Contact Information:** ________________________________