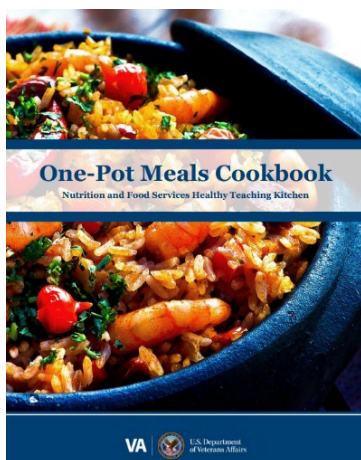

Recipe and Cooking Videos

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 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/ 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

- **Other .gov Recipe Searches:**

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

Ask your Dietitian for more information.

Dietitian Contact Information: _____