
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
 - Yummy Benefits cookbook, volumes I and II



- Low Sodium Cookbook
 - Cooking with Ease
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- **Healthy Teaching Kitchen Recipe Videos:**
 - **YouTube:** www.youtube.com, search VHA Healthy Teaching Kitchen
 - **Chicago VA Facebook Live Healthy Teaching Kitchen:** www.facebook.com/VACHicago/
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:**

- What's Cooking? USDA Mixing Bowl: Recipes, videos, and healthy eating tips: <https://whatscooking.fns.usda.gov>
- Fruits and Veggies More Matters: Meal planning resources and recipes: 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.