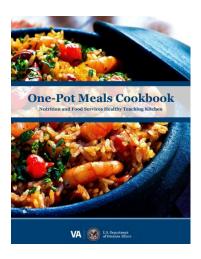
## **Recipe and Cooking Videos**

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 <u>www.nutrition.va.gov/Recipes.asp</u> for
  - o Individual recipes, organized by category
  - Full cookbooks
    - Healthy Cooking at Home
    - One-Pot Meals
    - Cooking Around the World
    - Garden to Table
    - Cooking with Ease
  - o YouTube search for VA HTK

## • Chicago VA Facebook:

 Visit <u>www.facebook.com/VAChicago/</u> 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 <u>www.myplate.gov/myplate-kitchen/recipes</u>
  - National Institutes of Health (NIH) www.nih.gov search for recipe

Ask your Dietitian for more information.	
<b>Dietitian Contact Information:</b>	