



# Healthy Teaching Kitchen

**IN-PERSON OR VIA VIDEO (VVC)**

**2 Nutrition education specific classes offered**

- Bring a spouse, caregiver or supporter
- Food samples offered

## **Flavors of the Mediterranean (4 class series)**

- Free Mediterranean cookbook upon course completion
- Learn great recipes, basic nutrition safety & general health concepts

## **Food as our Medicine**

- Nutrition education specific to metabolic syndrome and its risk factors

**For more info call the Nutrition Clinic  
320-252-1670, ext. 6376**



**U.S. Department of Veterans Affairs**  
Veterans Health Administration  
St. Cloud VA Health Care System