



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

VA



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