

2021 Themes

January – Eating Well on a Budget

February – Cooking for Diabetes

March – Focus on Flavor

April – Microwave Meals

May – Plant Proteins

June – Cooking for 1 or 2

July – No-cook Meals

August – Mediterranean Diet

September – Focus on Breakfast

October – Fall Colors

November – Holiday Cooking

December – Desserts Done Right

VA Portland Health Care System

3710 SW U.S. Veterans Hospital Rd.
Portland, OR 97239

Healthy Teaching Kitchen (HTK) Point of Contact:

Jessica Martini, MS RDN

Phone: 503-220-8262, extension (56783)

For recipes and other materials, please visit www.nutrition.va.gov



VA



U.S. Department of Veterans Affairs

Veterans Health Administration
VA Portland Health Care System

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of Veterans Affairs

Healthy Teaching Kitchen (HTK) Program

Come Cook With Us!

The Healthy Teaching Kitchen (HTK) program provides Veterans with nutrition knowledge, cooking skills, and guided practice to build confidence in cooking at home with healthy, minimally processed foods.



HTK classes are fun and delicious! They give you a chance to learn about nutrition and food preparation first-hand under the guidance of a VA Registered Dietitian Nutritionist.

Why HTK?

Making healthy food choices is the #1 thing you can do for your health.

95% of Healthy Teaching Kitchen (HTK) participants report learning new recipes that will help them on their journey to healthy living.

"This class is very helpful. I am changing the way I eat and plan my meals."

— Cincinnati VA HTK Participant

Class Details

HTK Cooking Classes

Demonstrations of cooking methods and tips for making a balanced plate. Themes change each month, see back page for details,. Both classes in the same month are identical.

1st Tuesdays at 1 p.m., 2nd Wednesdays at 2 p.m.

1.5 hours

via VA Virtual Connect (VVC)

To schedule, call (503) 273-5112

Who Can Attend?

Classes are open to VA-enrolled Veterans and one support person per class.

Contact your local HTK Dietitian, Jessica Martini, at (503) 220-8262, extension 56783, for more information or if you have questions.

Is There a Cost?

If you have a co-pay for VA visits, this may apply to HTK cooking classes.

