Aleda E. Lutz VA Nutrition Article

MOVE! Debuts Healthy Cooking Class

The Aleda E. Lutz VA Medical Center located in Saginaw, MI has recently started a Healthy Cooking class for Veterans as part of their MOVE! Program. Registered Dietitians conduct and supervise the four-part cooking series with each class focusing on a different recipe. The goal of these cooking classes is not only to teach Veterans how to prepare a specific recipe, but also to have them learn various techniques which they can then apply to many recipes.

The recipes chosen for each session are based on the Mediterranean Diet with an emphasis on including fruits and vegetables, plant based proteins, lean meats, and fish. Each Veteran practices knife handling, measuring, sautéing, grilling, and baking skills. They experiment with different herb and spice combinations in lieu of added salt. In addition to doing hands on cooking, the participants learn about food safety and food storage and obtain tips on buying local and seasonal produce.

The Veterans really enjoy the recipe format which includes written step-by-step directions with descriptive photographs they can take with them to use at home. Veterans have praised the classes saying how much they enjoyed learning to cook with different spices and techniques. They are especially excited to learn how to make delicious recipes that are lower in sodium!