

Food & Drink

- **Healthy Teaching Kitchen Class.** Classes include a cooking demo, nutrition education and food samples. Open to all Veterans participating in VA care, co-pay may be required. Nutrition and Food Des Moines VA Canteen Dining Room 2nd Tues every month 1:30pm-2:30pm. Call x93956 for self-directed scheduling. For questions contact Sonja Ouimet x93810
- **Nutrition Clinic.** Diabetes Education, Nutrition for Heart Health, Weight Management, Disease Prevention, Cancer Support, Chronic Kidney Disease Health, Pregnancy and Women's Health, Digestive Disease Management. Nutrition and Food. Offered at Des Moines VA, telehealth (home or CBOC), and telephone. Call x93956 for self-directed scheduling or have PCP enter NUTRITION consult
- **Fresh Conversations.** A nutrition education program designed to support healthy aging and independence. Each month, Iowans aged 60+ gather in communities across Iowa to discuss current nutrition and health topics, taste, low-cost healthy recipes. Iowa Department of Public Health throughout Iowa. Call 515-281-6650 or email FreshConversationsInfo@gmail.com
- **Eat Greater Des Moines.** A central Iowa based organization that facilitates and builds connections to strengthen the area's food system. Connects Iowans to locally grown and healthy food through the farmers markets and food assistance programs in the Des Moines area. Variable events and locations throughout central Iowa. Call 515-207-8908 or visit website www.eatgreaterdesmoines.org/
- **Aging Resources of Central Iowa.** Aging Resources of central Iowa supports the health and well-being of older adults in central Iowa. Offers various nutrition programs including congregate meals, home-delivered meals and nutrition education. Various times and dates throughout central Iowa. Contact either 515-255-1310, 800-747-5352, or visit website www.agingresources.com/programs-services/nutrition-healthy-living-programs