

What's Cooking?



Resources for Nutritious, Delicious and Affordable Eating

USDA MyPlate

USDA MyPlate is an easy-to-follow approach to nutritious eating based on the USDA Dietary Guidelines for Americans. Based on creating a nutritious plate of food by incorporating best bites from all food groups, Fruits, Vegetables, Grains, Protein Foods, and Dairy. MyPlate also includes additional resources such as tools that help curate a personalized MyPlate Plan based on your goals and nutritional needs, a collection of tip sheets, videos, and infographics on nutrition, and lots of recipes, cookbooks, and cooking videos!

Visit myplate.gov for more information, or download the *Start Simple with MyPlate App*.

Hokie Wellness Nutrition Resources

Virginia Tech Dining Services

Dining Services provides nutritional information regarding each dining center. The site also provides nutrition tips, dining hall hours, and the menu for the selected day.

Visit dining.vt.edu for more information.

Schiffert Dieticians

Nutritionists are available through Schiffert Health Center. Set up an appointment by phone. Included in tuition, no additional fees required.

To make an appointment call 540-231-6444

What's Cooking at the Market

Check out past recipes and newsletters for The Market at hokiewellness.vt.edu/students/Nutrition.html

Additional Tips and Resources



Additional Resources

Budget Bytes

Recipes and Recipe Videos, Meal Prep, Meal Plans, Kitchen Basics and How-To's, and SNAP Challenge budgetbytes.com

Don't Waste The Crumbs

Recipes, Grocery Budgeting, and Meal Planning dontwastethecrumbs.com

Frugally Fresh

Frugal, fresh, and flexitarian meals Instagram.com/frugallyfresh/

5 Dollar Dinners

Recipes, Meal Plans, & Classes 5dollardinners.com