



Knox County Health Department

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KCHD debuts webpage featuring healthy, easy recipes

Knox County, Tenn. – The Knox County Health Department launched a new [webpage](#) featuring more than 60 recipes to promote healthy eating. More recipes will be added in the coming months.

The website allows users to filter recipes by season and cuisine. A search bar allows users to search for recipes containing specific ingredients.

“These recipes are hand-picked by a Registered Dietitian, so folks can be confident in knowing that they are selecting recipes that are fun, budget-friendly, and nutritious,” said KCHD Registered Dietitian Nutritionist Taylor McKently.

Research shows that children and adults do not consume enough fruit and vegetables. In response, KCHD’s N.E.A.T. (Nutrition Education Activity Training) Program partnered with Second Harvest Food Bank of East Tennessee and Generous House to provide all families who have a child enrolled in one of the 13 sites participating in the N.E.A.T. Harvest program with free, fresh, and local fruits and vegetables monthly.

To improve the utilization of these foods at home, the recipe page was created. Now, users can learn more about how to cook and incorporate fruits and vegetables into snacks and meals. While it was initially designed for children and their families who participate in N.E.A.T., it can be used by anyone.

N.E.A.T. serves 1,900 students in 40 after-school programs in Knox County.

About Knox County Health Department

The first health department in Tennessee to achieve national voluntary accreditation by the Public Health Accreditation Board, the Knox County Health Department (KCHD) is dedicated to ensuring the conditions in which every resident can be healthy. For more information, visit www.knoxcounty.org/health.

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