

WWP News & Media: Veteran Group Outings, Charity Events, Helping Vets

Wounded Veterans Practice their Knife Skills and Learn to Cook

Wounded Warrior Project Puts the Fun in Culinary Fundamentals during Cooking Classes

SAN ANTONIO, Texas, March 3, 2016 /[PRNewswire-USNewswire](#)/ -- In addition to fostering the most successful, well-adjusted generation of wounded service members in our nation's history, Wounded Warrior Project® (WWP) is also helping injured veterans cultivate culinary know-how. The WWP Physical Health and Wellness (PH&W) program recently hosted the first of a six-week cooking class, designed to give wounded veterans knowledge and skills to create delicious and nutritious food at home.

"I learned that I can make a good, healthy meal in a short amount of time," said Army veteran and WWP Alumnus, Orlando Gill. "This event reminded me how much I love to cook!"

Alumni and family support members learned basic knife and preparation skills during their first week. Participants received demonstrations of proper technique and had the chance to make a stir fry, while amateur cooks experienced preparing more complex dishes. Participating Alumni received answers to their nutrition questions from a registered dietitian, who will provide dietary guidance selecting the right foods for every kind of diet and meal plan, during the six-week course.

"While we were cooking, my wife and I were interacting with other couples who had never cooked before," said Gill. "It looked like everyone picked up on it quickly. The instructors were very helpful."

Through WWP's PH&W programs, wounded veterans can reduce stress and depression, while being empowered to live an overall healthy lifestyle by participating in fun, active, and educational activities. PH&W events are designed to show wounded service members that regardless of their physical injuries, they can maintain an active way of life. From myofascial release and yoga instruction, training plans for running, and healthy cooking classes, PH&W events offer injured veterans a chance to discover healthier lifestyles in a variety of ways. Along with the health benefits associated with PH&W services, Alumni have the chance to bond with other wounded veterans and family support members.

"I first got connected with Wounded Warrior Project when one of their backpacks arrived at my hospital," Gill reflected. "Today, my wife and I participate in the fitness programs hosted by WWP. We're attending a couples' Project Odyssey in April. With the gym program and cooking classes, I have lost more than 20 pounds. I've been more active and living a healthier life."

Project Odyssey is another service offered by WWP created to help injured service members and veterans design their own path from surviving to thriving. With its name derived from Homer's epic poem about overcoming adversity and finding the way home, Project Odyssey helps wounded veterans overcome combat stress through outdoor, rehabilitative retreats that encourage a connection with nature, their peers, Project Odyssey staff, and trained counselors. Through outdoor, recreational activities, WWP Alumni discover their inner strength and find the courage to continue their journey to recovery. The experiences gained from Project Odyssey help veterans work through challenges related to combat stress and improve mental attitudes and outlook. Activities include horseback riding, canoeing, whitewater rafting, kayaking, rock climbing, a high ropes course, fishing, skeet shooting, sled hockey, and skiing at retreats held in various locations across the country.

About Wounded Warrior Project

The mission of Wounded Warrior Project® (WWP) is to honor and empower Wounded Warriors. WWP's purpose is to raise awareness and to enlist the public's aid for the needs of injured service members, to help injured servicemen and women aid and assist each other, and to provide unique, direct programs and services to meet their needs. WWP is a national, nonpartisan organization headquartered in Jacksonville, Florida. To get involved and learn more, visit woundedwarriorproject.org.

Photo - <http://photos.prnewswire.com/prnh/20160302/339976>

SOURCE Wounded Warrior Project

For further information: Mattison Brooks, Email: mbrooks@woundedwarriorproject.org, Phone: 904-451-5590

Additional assets available online: [Photos \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2016-03-03-Wounded-Veterans-Practice-their-Knife-Skills-and-Learn-to-Cook>