

Injured Veterans Learn a New Way Around the Kitchen

LISLE, Ill., Sept 4, 2018 /[PRNewswire](#)/ -- Wounded warriors and their guests crafted healthy salads and soups and had a chance to learn from expert chefs during a Wounded Warrior Project® (WWP) cooking demonstration.

"The cooking class was very informative," said Navy veteran Leon Beard. "My wife and I learned some great tips from the chef, like the importance of selecting the right olive oil when cooking, as well as the correct way to chop onions, garlic, and lettuce. We made a chopped chicken salad that was so delicious we made it at home the following week."

In addition to the healthy chopped salad, the group prepared lentil soup.

"The event was a great experience that taught me how to change my cooking habits and share the knowledge with my family," said Navy veteran Luis Gonzales.

[Maintaining healthy eating habits](#) is one of many challenges warriors face when returning to civilian life. Years of regimented physical training and a restricted diet contrast with the variety of choices they are faced with at home. That's why [WWP helps veterans and their families](#) learn to make healthy choices through nutrition and cooking classes.

In addition, WWP gatherings offer settings that provide opportunities for injured veterans to form bonds with one another, their families, and their communities. These events help warriors remember they're not alone and that no matter what they're going through, there are people who care about them and can help.

"Wounded Warrior Project events like this one have opened my mind to eating healthier foods and to making better decisions when preparing meals," Luis said. "I thoroughly enjoyed the event, and it was nice to have my wife attend with me."

To learn more about how WWP empowers veterans to achieve their goals, visit

<https://www.woundedwarriorproject.org/programs/physical-health-wellness>.

About Wounded Warrior Project

Since 2003, Wounded Warrior Project® (WWP) has been meeting the growing needs of warriors, their families, and caregivers – helping them achieve their highest ambition. Learn more: <http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

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