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## Approved Recipe Videos

MyPlate Kitchen <https://www.choosemyplate.gov/myplatekitchen>

EatFresh.org YouTube Channel

<https://www.youtube.com/channel/UcaIT5hdECR4Yo6DPOYjbqKw>

University of Nevada Cooperative Extension – EFNEP Recipe Videos

<https://www.youtube.com/playlist?list=PLFB25MuKORSzNI6FwRdrCBTUu9icNqOb6>

Iowa State Extension – Spend Smart Eat Smart

<https://spendsmart.extension.iastate.edu/videos/>

- Spend Smart Eat Smart App\_  
<https://blogs.extension.iastate.edu/spendsmart/2017/04/10/do-you-have-an-app-for-that/>

Oregon State Extension Food Hero – YouTube Channel - **Some videos in Spanish**

[http://www.youtube.com/channel/UCLFDiVFZDKc\\_NcPePgsVCKA/videos](http://www.youtube.com/channel/UCLFDiVFZDKc_NcPePgsVCKA/videos)

Texas A&M Extension - Dinner Tonight Quick Healthy Cooking - YouTube Channel

<https://www.youtube.com/user/txdinner>

- **Spanish video playlist**  
[https://www.youtube.com/playlist?list=PL8CU6BoIzCzYDRZ\\_4hL4Hnb1pOLHc3TfTy](https://www.youtube.com/playlist?list=PL8CU6BoIzCzYDRZ_4hL4Hnb1pOLHc3TfTy)

Utah State Extension <http://utahefnep.org/cooking-videos>

North Carolina State Extension – Cooking Local Foods

<https://localfood.ces.ncsu.edu/local-food-nutrition-health/cooking-local-foods/>