



EATING WELL

Bring a FREE interactive nutrition workshop to your worksite today!



START HERE:

1. Recruit at least **15** interested employees
2. Identify **2** potential dates, times, and locations for a 1-hour workshop
3. Fill out the workshop request form at bit.ly/WWNYCworkshops

Success! WorkWell NYC will confirm your workshop and send you materials to help you spread the word!

Additional workshops are available by request. Please email workwell@olr.nyc.gov for more information.

NUTRITION 101: HEALTHY EATING MADE SIMPLE

Explore the basics of healthy eating and learn how to make lifestyle changes to eat healthier.



EATING HEALTHY ON A BUDGET

Discover ways to budget, plan, and use what you have to make healthy, yummy, and affordable meals.



STAYING HEALTHY ON THE GO

Identify healthy foods that travel well and keep you on track when out and about!



MEAL PLANNING 101

Learn how to take the mystery out of meal prep to save time and money.



FAVORITE MEALS MADE HEALTHY

Learn how to make healthy swaps to your favorite meals to keep them joyful and delicious.



DECODING FOOD LABELS TO SHOP SMART

Decipher food labels and ingredient lists to identify hidden sugars and understand what's really in your food.

