

HEALTHY EATING WORKSHOPS

2022 WORKSHOP GUIDE

WorkWell NYC offers free, interactive workshops to NYC worksites on a variety of wellness topics. Our workshops are developed with the unique needs of the NYC workforce in mind. [Register for your workshop at on.nyc.gov/workshops](https://on.nyc.gov/workshops)

QUESTIONS?

If you have any questions regarding our workshops please contact WorkWell NYC at workwell@olr.nyc.gov.



HEALTHY EATING BASICS

NUTRITION 101

Healthy eating doesn't have to be so mysterious! This workshop reviews the basics of healthy eating and provides practical tools to eat your way to health!

LEARNING OBJECTIVES:

- Learn helpful eating strategies such as portion sizes, food variety and the difference between processed and unprocessed foods.
- Review MyPlate and strategies for selecting a balanced meal.
- Discuss different options for food preparation, packing snacks, and planning meals for a busy lifestyle.

DELIVERY:

Virtual or In-person

SESSION LENGTH:

50 mins

FOOD ALTERNATIVES

FAVORITE MEALS MADE HEALTHY

It's time for a meal swap! Learn how to make healthy swaps to your favorite meals to keep them joyful and delicious.

LEARNING OBJECTIVES:

- Discuss substitutions and strategies to make classic meals healthier.
- Strategize ways to get others on board with healthful swaps.

DELIVERY:

Virtual or In-person

SESSION LENGTH:

50 mins





AFFORDABLE MEALS

EATING HEALTHY ON A BUDGET

It's not what you have, but how you use it! Discover ways to budget, plan, and use what you have to make healthy, yummy, and affordable meals.

LEARNING OBJECTIVES:

- Review the basics of budgeting and how to apply it to healthy eating.
- Learn how plan meals and use what you have in order to minimize food costs.
- Identify strategies to shop cost-effectively at the supermarket.

DELIVERY:

Virtual or In-person

SESSION LENGTH:

50 mins

LIVE DEMOS

LIVE COOKING DEMONSTRATIONS

Let our trained chef take you through a live demo of some of the most flavorful meals that are healthy and easy to make. Choose from a selection of recipes and watch the magic happen!

LEARNING OBJECTIVES:

- Explore new recipes that are packed with flavor to make enjoyable and satisfying meals.
- Sharpen knife skills to chop safely and quickly.
- Learn techniques to transform leftovers and make restaurant quality dishes.

DELIVERY:

Virtual or In-person

SESSION LENGTH:

50 mins

