



Tools to Help You Eat Well

- [5 Pantry Staples](#): Learn the nutritional value of pantry staples and how to cook with them.
- [Eating with Mindfulness](#): A step-by-step guide on how to eat slowly and savor the flavors of the food you eat.
- [Water Where You Are: Hydration Challenge](#): Complete this hydration challenge and kickstart your hydration habit.
- [Choose MyPlate](#): Learn the types of healthy foods you should be placing on your plate.
- [NYC Farmers Markets](#): Discover your nearest Farmers Market to buy fresh produce.
- [Guide to Healthy Eating and Active Living](#): Provides simple tips for creating healthy and affordable eating habits.

Recipes and Cooking Tips

- [In the Kitchen: Recipes from WorkWell NYC's Cooking Demonstrations](#)
- [WorkWell NYC's Super Simple Smoothie](#)
- [NYC Health and Hospitals: Quick Tips for Healthy Recipes](#)
- [MyPlate: Recipes](#)
- [American Heart Association: Recipes](#)
- [WW \(formerly Weight Watchers\): Recipes](#)
- [DOHMH: Flavor-Infused Water Recipes](#)