

Healthy Eating Workshop Series

This series of Healthy Eating Workshops was developed by the New York City Health Department to encourage organizations like yours to offer nutrition education to employees and clients. These workshops can be delivered as lunch and learns, worksite wellness activities or as content for a nutrition education program for your clients. Each workshop contains facilitation notes and an accompanying slide deck to help guide you through what to do and say. Through these workshops, people can improve their diets by building knowledge and skills to navigate a complex food system.

How to use the workshops

- We recommend starting with Basic Strategies for Healthy Eating and Reading and Understanding Food Labels. After that, the workshops may be delivered in any order.
- Make your workshop space more inviting by writing the workshop title and agenda on chart paper and posting it on the wall for participants to see. Make the workshop more hands-on by using materials such as chart paper and markers, pictures or packages of foods.
- If you're not projecting the slides, print them out for participants to use as handouts. Look for the slide thumbnail throughout the facilitation notes to keep you on track and aligned with the slide deck presentation.
- Words written in *italics* in the facilitation notes are directions for you, the facilitator, not words you should say out loud to participants. If you need to shorten the workshop due to limited time, you can use the suggestions offered where you see a clock symbol (🕒) in the facilitation notes.
- Periodically ask participants if they have any questions. Remember to welcome and accept all answers during discussions and thank everyone for sharing.

Other ways to promote healthy eating in your organization

- Adopt the NYC Food Standards for foods and beverages served at meetings and events or in vending machines. Visit nyc.gov/health and search for "food standards".
- Post a water fountain prompt sign next to water fountains. Visit nyc.gov/health and search for "sugary drinks" to download the sign.
- Promote these and other free healthy eating resources by using email blasts, flyers, intranet, new hire orientation and word of mouth. Visit nyc.gov/health and search for "eating healthy" for more great resources, like the Guide to Healthy Eating and Active Living in NYC and plate planners.