**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.
- **What’s Your Food IQ?: Healthy Eating Quiz**: Take this quiz to see how much you know about nutrition.
- **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**
In The Kitchen Recipes

- **Butternut Squash Pizza**

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