



Eat Well NY Online Training for Agency & Facility Staff

What is Eat Well NY? Eat Well NY is an intervention aimed at bolstering healthy eating among individuals living with serious mental illnesses (SMI). This program is designed to increase healthy eating knowledge and skills, with a specific focus on fresh produce.

How Eat Well NY Training Supports the Goal of Healthier Eating:

This training equips agency and facility staff with practical skills about healthy eating and how to prepare vegetables in different ways. Participants will learn new techniques to teach their clients, and to incorporate in client meals.

Topics Include:

- Exploring food and kitchen safety
- Shopping for healthy foods at grocery stores & farmers markets
- Preparing and eating raw vegetables
- Steaming vegetables
- Sautéing vegetables
- Roasting vegetables

***Who Should Complete This CPI Training:**

This training is for any staff member who wants to learn more about healthy eating, nutritious foods, especially vegetables, and how to shop for, and cook them in tasty ways.

Additional Details:

- 35-minute self-paced training
- Learners will receive a certificate upon completion

Click [here](#) to register!

*Organizations with access to the CPI training platform: OMH-licensed/funded program, OASAS-certified/funded program, Management Care Provider (CMA), NYS VA behavioral health programs

