
In the main controller:

```
public void newAliment(ActionEvent actionEvent) throws Exception{
    Stage stage=(Stage) ((Node)
actionEvent.getSource()).getScene().getWindow();
    Stage secondaryStage= ScreenLoader.loadScreen(
        "new-aliment.fxml",stage);
    secondaryStage.setOnCloseRequest(e -> fillElements());
    secondaryStage.show();
}
```

A class for changing stages:

```
public class ScreenLoader {

    public static Stage loadScreen(String path, Stage stage) throws
IOException {
        System.out.println(path);
        Parent view =
FXMLLoader.load(MainApplication.class.getResource(path));
        Scene viewScene = new Scene(view);
        Stage secondaryStage= new Stage();
        secondaryStage.setScene(viewScene);
        secondaryStage.initModality(Modality.WINDOW_MODAL);
        secondaryStage.initOwner(stage);
        return secondaryStage;
    }

}
```