

## **CCE - Monroe County General Nutrition Program Update**

### **July 2025**

#### **Program Highlights**

- General Nutrition provided education at the following locations this past month: Midvale Supportive Housing, Hilton Parma Recreation Center, Webster Recreation Center, Hickock Center for Brain Injury, Westside Farmer's Market, The Village Unity & The Hamlet and Sunshine Rotary Camp
- The Farmers' Market Nutrition Program sites are all scheduled for the season and Alyssa will be going to sites to do food demonstrations on local produce and engage residents on the benefits of shopping at local farm stands and markets.
- Alyssa will be attending 2 large scale WIC events for the Farmers Market Nutrition Program this summer to engage WIC participants.
- Alyssa provided a nutrition overview of tomatoes and peppers for the online class led by Jarmila this past month and provided a Cooking for Two zoom presentation for the Monroe County Library System recently.

#### **Strategic Plan Update**

##### **1.1 Effective Programming - Develop High Quality Nutrition Education Programming**

- For program effectiveness, develop relevant programs that meet residents' current and future needs and interests. Work with community contacts to assess each group's interests: what they have learned in the past, most interested in, benefit from.
  - Alyssa has developed a Qualtrics survey for adult participants.

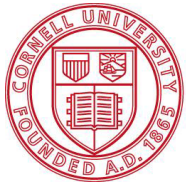
#### **Story of Celebration or Success**

##### **Summer is the Perfect Time to Educate on Eating More Produce**

This time of year is arguably the best for educating the public about the benefits of eating more fruits and vegetables. Throughout the summer, farm stands, farmers markets, and local grocers across our region are filled with an abundance of fresh, local produce. With seasonal availability at its peak, it's easier for families to access nutritious options.

I've used this opportunity to connect the community with helpful guidance on food safety, storage, meal planning, cooking, and overall wellness—main topics supported by the Farmers Market Nutrition Program (FMNP) grant.

By highlighting what's in season and how to make the most of it, we're supporting healthier choices while strengthening the local food system.



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Pictured above is Alyssa at Richly Blessed Farmers Market and a sample of a summer squash white bean salad.