

## Whitepaper: Empowering Communities Through Nutrition & Youth Education

### Executive Summary

Nonprofits and faith-based organizations are pillars of support in communities facing poverty, food insecurity, and health disparities. In Monroe County, where nearly 28% of Black households and 31% of Latino households experience food insecurity, these organizations play a critical role in outreach and healing. Cornell Cooperative Extension of Monroe County (CCE Monroe) offers evidence-based nutrition and youth development programs that align with the missions of churches and community organizations. This whitepaper outlines how CCE Monroe can strengthen your impact through collaborative programming, capacity building, and direct service delivery.

### The Challenge: Rising Need in Underserved Communities

- 13% of Monroe County residents live in poverty, with higher rates in Rochester and among children and seniors.
- Food insecurity is rising, with emergency food visits increasing by 30% in one year.
- Many families lack access to nutrition education, cooking skills, and chronic disease prevention resources.
- Nonprofits and churches often serve these populations but may lack the tools or staff to deliver health education effectively.

### CCE Monroe's Solution: Collaborative, Community Based Programming

CCE Monroe partners with nonprofits and faith-based organizations to deliver flexible, culturally relevant education that meets people where they are physically and spiritually.

### Core Offerings

- **Joint Workshops and Events** - Co-branded sessions on nutrition, food systems, and youth leadership. Ideal for community dinners, health fairs, and seasonal outreach.
- **Train-the-Trainer Support** - Equips your staff or volunteers to deliver evidence-based content. Builds internal capacity and sustainability.
- **Youth Clubs and Camps** - 4-H programs integrated into existing youth services. Focus on career exploration, STEM, wellness, and leadership.
- **Extension of Reach** - CCE educators engage directly with your community, expanding your impact. Programs are plug-and-play and adaptable to your audience.

## **Proven Impact**

CCE Monroe's programs have led to:

- Improved health outcomes and reduced reliance on emergency food.
- Increased youth engagement and leadership development.
- Strengthened community bonds through shared learning experiences.

*Residents who attend our nutrition classes report cooking more at home, saving money, and improving health outcomes.*

## **Why It Matters for Nonprofits & Faith-Based Organizations**

### **Mission Alignment**

- Programs support health, education, and empowerment - core values of many churches and nonprofits.

### **Community Trust**

- CCE Monroe brings academic credibility and local connection.
- Educators are trained to work respectfully across cultures and faiths.

### **Scalable Partnerships**

- From one-time events to long-term collaborations.
- Support for grant applications, reporting, and impact measurement.

## **Call to Action: Partner with CCE Monroe**

CCE Monroe is ready to collaborate with your organization to deliver nutrition and youth education that fits your mission, build staff capacity through training and support, reach underserved populations with meaningful, measurable impact.

## **Contact**

To explore partnership opportunities, visit [monroe.cce.cornell.edu/nutrition](http://monroe.cce.cornell.edu/nutrition) or reach out to Andrea Lista, Executive Director @ 585-753-2559 or [aml355@cornell.edu](mailto:aml355@cornell.edu).

## **Conclusion**

Nutrition education is a powerful tool for healing, empowerment, and community transformation. By partnering with CCE Monroe, nonprofits and faith-based organizations can deepen their impact and help families thrive—physically, emotionally, and spiritually.