

BRIDGE the GAP

Poverty...Food Access...Wellness

CCE Monroe is unique in that we bring unbiased, research-based education to our residents in the communities where they reside – schools, medical clinics, companies, community centers, affordable housing complexes, libraries, senior centers, and more.

Non-Profits & Faith Based Organizations

- Joint Workshops or Events: Co-branded educational sessions on nutrition, food systems, or youth leadership.
- Train-the-Trainer Support: We equip your staff or volunteers to deliver evidence-based content.
- Youth Clubs & Camps: 4-H programs that can be integrated into your existing youth services: Career exploration, leadership training, STEM, mindfulness and wellness programs, parenting education and agriculture education.

From a one-time event to a long-term collaboration, we can adapt to your needs.

Affordable & Supportive Housing

- On-site Nutrition Workshops for residents: healthy cooking on a budget, food safety, shopping tips, chronic disease prevention.
- Youth Outreach Programming: STEM-based afterschool activities, gardening clubs, cooking classes, mindfulness and wellness programs, and leadership development.
- Family Engagement Events: Garden build days, healthy family meals, and intergenerational learning opportunities, parenting education.
- Community Building: Meeting for weekly sessions builds community and builds a support system for residents.

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

School Districts & Educational Institutions

- 4-H Youth Development Programs: Career exploration, leadership training, STEM, mindfulness and wellness programs, parenting education and agriculture education.
- Nutrition Curriculum for Classrooms
- Garden Education & Support: Help with school gardens, teaching students to grow and prepare their own food.
- Professional Development for Educators: Training on integrating nutrition and experiential learning.

Our programs spark curiosity and build real-world skills—from food systems to entrepreneurship

Workplace Wellness Programs

- Evidence-based nutrition education workshops for employees, promoting healthier lifestyles, reducing sick days, and increasing productivity.
- Lunch-and-Learn Series: Interactive sessions on meal planning, label reading, managing chronic disease through diet.
- Customizable Wellness Partnerships: CCE Monroe can tailor wellness packages to support HR/Benefits goals.

Your company can demonstrate a strong commitment to local youth and food equity through direct support and engagement opportunities.

Healthcare Providers & Health Plans

- Nutrition and Chronic Disease Prevention Programs: For patients with or at risk for diabetes, hypertension, and obesity.
- Culturally Relevant Food Education: Adaptable to various communities, with bilingual educators available.
- Healthy Eating Incentive Programs: Support for farmers markets and food prescription models.

We help your patients build sustainable healthy habits outside the clinic, reducing healthcare costs long-term.

**Cornell Cooperative Extension
Monroe County**