

CCE Monroe County General Nutrition Program Update November 2025

Program Highlights

Here is a recap of nutrition education programming for the month of October:

- Gates Chili Senior Center FMNP Class
- Home Connection St. Ann's Food demonstration
- Durand Day Services St. Ann's Food demonstration
- Chili Senior Center Nutrition Class
- Hilton Parma Senior Center FMNP Class
- The Village at Unity Bone and Joint Presentation and food demonstration
- Midvale Supportive Housing FMNP Class
- Midvale Supportive Housing Healthy Eating on a Budget Presentation
- Monroe Library Presentation for Staff on Healthy Eating on a Budget Presentation
- Food preservation- applesauce, dehydrated citrus, plans for future techniques, documents and classes

Strategic Plan Update –

1.1 Effective Programming - Develop High Quality Nutrition Education Programming

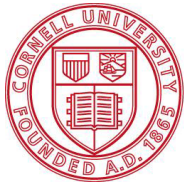
- For program effectiveness, develop relevant programs that meet residents' current and future needs and interests. Work with community contacts to assess each group's interests: what they have learned in the past, most interested in, benefit from.
- Alyssa has developed a Qualtrics survey for adult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

BOD Engagement Opportunity

I would like to start to look for Master Food Preservers in the community that would be willing to help with Food Preservation. This will help to balance my time between providing nutrition education programming and food preservation classes.

Story of Celebration or Success

Given the current state of SNAP-Ed and the SNAP program, I've been especially mindful that many community members we engage with may be struggling to stretch their food dollars. This is particularly apparent as the holidays approach. In response, I recently wrote a press release highlighting our local food system, emphasizing ways people can support local agriculture while still accessing healthy, affordable foods. This approach aligns with our ongoing goal to help families make the most of their resources while



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promoting nutrition and community resilience. Below is a snapshot of the press release. The press release can be found on the website under press releases.

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Celebrate Our Region's Harvest with Your Fork!

Local Produce Highlights and Tips for Eating What's In Season

Rochester, NY — Autumn is a season of abundance across the Finger Lakes and Monroe County. Local farms and markets overflow with fresh, colorful produce—from crisp apples and winter squash to leafy greens and root vegetables—offering delicious, nutrient-dense options for affordable meals. This time of year also offers an opportunity to connect with others by sharing a meal inspired by local flavors. Whether through a potluck, lunch, or dinner, these gatherings can be simple or elaborate, with the goal of bringing people together in a way that is both uplifting and enjoyable.

"Buying locally grown produce supports our regional farming community—my favorite resource to share is the [NYS Department of Agriculture and Markets Harvest Chart](#), a helpful guide showing what's in season throughout the year in New York State," said Alyssa VanValkenburg, Nutrition Educator at CCE of Monroe County. "We know food prices have gone up, and it can take extra effort to stretch your food dollars. Seasonal produce is packed with vitamins, minerals, and flavor, and it often costs less when it's in season because there's plenty of it. For instance, apples this time of year—they're a perfect snack and can easily be made into applesauce or featured on a seasonal charcuterie board."

Local Fall Favorites

Despite this year's wet spring and dry summer, all thanks to the farming community, Rochester-area markets, farm stands, and grocery stores are brimming with:

- **Apples** – Snack fresh, make applesauce, toss in salads, or bake into desserts.
- **Winter Squash** – Roast, mash, or blend into soups; rich in fiber and vitamins.
- **Cabbage, Cauliflower & Kale** – Shred for slaws or sauté with garlic and olive oil.
- **Beets & Carrots** – Roast or grate into colorful, nutrient-rich salads.

Tips to Cooking with Produce:

- **Keep it simple:** Add one vegetable to each meal—spinach in eggs or tomatoes on sandwiches.
- **Make half your plate produce:** Visualize 50% of your plate being a fruit or vegetable of

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