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CCE Monroe County SNAP-Ed Program Update
November 2025

Program Highlights

Greece Community Learning Center

SNAP-Ed is partnering with 4-H to deliver four nutrition classes for children in grades K–2 at Greece Community Learning Center. In our first session, the kids learned all about fruits and vegetables, and upcoming lessons will explore topics like sugary drinks, fast food, and the importance of breakfast. The kids are excited and eager to keep learning about nutrition!

Security Mutual Virtual Nutrition Class

MVP Health and SNAP-Ed collaborated to deliver a virtual nutrition class for Security Mutual. Each year, Security Mutual in Binghamton hosts a Health and Wellness Month this time of year, and they reached out looking for a presenter to speak about healthy eating. SNAP-Ed was recommended to lead the session, and the presentation had over 40 participants registered — even the CEO and President joined the call! The presentation was well received, and everyone took something to apply to their life.

Liberty Manor Nutrition Class

SNAP-Ed is currently delivering a six-class holiday series at Liberty Manor for a group of women, with about 11 participants attending regularly. So far, we've covered topics such as setting the stage for healthier habits and the importance of fruits and vegetables. Upcoming sessions will highlight celebrating healthier holidays and understanding sugary drinks.

Monroe Community College Wellness Wednesdays

For the month of November, Wellness Wednesday at MCC focused on healthier alternatives for the holiday season. Students were able to pick up a bagged lunch provided by MCC and explore our table of resources, which included mindfulness tools and helpful tips for navigating the holiday season with healthier food choices. Students were grateful for the information and are looking forward to a healthier holiday season!

Chili Recreation Nutrition Class

This month at Chili Recreation, we are focusing on preparing for the holiday season and making healthier choices. Our monthly presentations continue to have a great turnout, with a wonderful group of seniors who regularly participate. Over time, we've built strong connections with them — they truly enjoy the classes and always look forward to the next topic we bring!

"Please contact the Cornell Cooperative Extension of Monroe County office if you have any special needs."

Building Strong and Vibrant New York Communities

Cornell Cooperative Extension of Monroe County is supported by public and private funding. Primary cooperating partners are the County of Monroe, the State of New York and SUNY's Land Grant Colleges at Cornell University, and the U.S. Department of Agriculture.

United Way of Greater Rochester - Designated Donor # 2206

Norman Howard Cooking Classes

SNAP-Ed has been hosting nutrition and cooking classes with students at Norman Howard, and it has become a wonderful partnership. Students not only learn about the benefits of good nutrition but also gain hands-on experience with healthy cooking techniques. Over the years, Norman Howard has upgraded to an impressive learning kitchen, allowing students to fully immerse themselves in cooking projects and build real-life food skills.

Nutrition and Arc Experience Works!

SNAP-Ed has been offering classes at our office with ACR Experience Works, providing a mix of nutrition lessons and hands-on food demonstrations. In one class, participants explored different varieties of apples, and in another, they learned how to make a delicious vegetarian quesadilla. These sessions have been a great way for students to build skills and try new foods in a supportive setting.

Strategic Plan Update

1.2 Intentionally imbed practices of diversity and equity in all programming Bilingual Teaching Materials:

- After a recent review of strategic objectives, we have decided to keep this as an action item along side brainstorming ways to include more bilingual teaching materials in other languages in addition to English and Spanish

3.2 Celebrate our Success Collaborator Recognition

- After reviewing this strategic objective, all educators have this at the top of mind and we decided to start sending letters of appreciation to our partners. We have listed our goal amounts in the updated strategic objective.

4.1 Leverage our relationships with current partners and identify new collaborators to address gaps and opportunities. Nutrition Advocacy

- The Nutrition Advisory has met once and is meeting again this month to further discuss ways in which we can identify new partnerships and address gaps/opportunities.

BOD Engagement Opportunity

Share with who you know about the impact SNAP-Ed has had. Also like, comment, and share from the SNAP-Ed NY social media to help spread the word about how SNAP-Ed is impactful:

<https://www.facebook.com/SNAPEdNewYork>

Story of Celebration or Success

Marketplace Senior Housing Apartments – Fall Cooking Class

Thanksgiving is in the air, and it's the perfect time to explore healthier options! We decided to host a healthy cooking class for the residents at The Marketplace Senior Apartments, and we had a wonderful turnout with 6 participants.

During the class, residents helped prepare two no-heat recipes: **Veggie Pinwheels** and an **Apple Chickpea Salad**. The feedback was amazing! One resident shared that she normally eats meat with most meals but absolutely *loved* the veggie wrap. She said it was simple, very tasty, and didn't even need meat because the hummus added great flavor and protein.

The Apple Chickpea Fall Salad was also a big hit—everyone enjoyed it and many took recipe cards home to create their own version later. It was a fun, delicious, and engaging class that left residents inspired to try more healthy dishes!



"Marketplace Senior residents making their veggie pinwheels and enjoying great company during our healthy cooking class!"