



# Cornell University Cooperative Extension Monroe County

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## CCE Monroe County SNAP-Ed Program Update January 2026

### Program Highlights –

#### **Greece Community Learning Center**

SNAP-Ed is continuing its partnership with Greece Learning Center in the new year, in collaboration with 4-H, to deliver five nutrition classes for children in grades K–2. We began the first class of the series on January 13, where students learned about whole fruits and vegetables and how to build a healthy plate. Students enjoyed learning about healthy eating habits and the importance of adding color to their plates.

The remaining class topics in the series include sugar-sweetened beverages, whole grains, fast foods, and the importance of breakfast.

#### **Rochester Education Foundation:**

The Rochester Education Foundation has expressed interest in including our nutrition team in programming for families/students as part of their Parent Engagement Initiative. There have been discussions about attending their event fair in March to showcase the nutrition programs we offer to the community. This would be especially helpful for families attending the fair, as it would allow them to learn more about the nutritional education and resources available to them.

Additionally, there has been interest in having our team participate in their Zoom meetings as another outreach opportunity. We believe this partnership would be a great opportunity to collaborate in the new year and expand our reach. There may also be potential opportunities for grants and contracts to better serve their clientele.

Overall, we are hoping to create engaging and fun opportunities for parents and students to learn, connect, and access ROC resources.

#### **Monroe Community College Community Resource Fair**

Every year, Monroe Community College hosts a Community Resource Fair to help students learn about resources available to them and where to access those services. SNAP-Ed was invited to participate again this year. The event will be held in the Terrace Building next to the bookstore, a high-traffic area that allows us to connect with many students.

At the fair, we will be showcasing nutrition education materials available to students in the new year. In addition, we have several other events planned with MCC, including Heart Healthy tabling in February,

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

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**Cornell Cooperative Extension provides equal program and employment opportunities.**

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**

National Nutrition Month tabling in March, and a Wellness Wednesday tabling in April. We are looking forward to continuing and strengthening this partnership in the new year.

### **Chili Recreation Nutrition Class**

This month at Chili Recreation, we are focusing on the PowerPoint presentation New Year Goals and New Choices. This presentation emphasizes setting SMART, realistic goals and making healthier food swaps. Our classes continue to have a great turnout, and participants are always excited and engaged in learning something new.

For the remainder of the winter–spring series, the topics we will be focusing on include Heart Health Month, National Nutrition Month, and Springing Into Superfoods!

### **FVRx at Marketplace Senior Apartments**

SNAP-Ed has been on pause from offering our FVRx program; however, for the month of December, we were excited to receive approval to resume FVRx at our sites. This extension was only available through the end of the year, so the program structure looked a bit different. Instead of the usual \$15 voucher provided at the end of a six-week series, we offered either a one-time class with \$30 in vouchers or a three-class series with \$30 in vouchers provided at each class.

We shared these FVRx voucher updates with multiple partners and saw great success, with many community members benefiting from the program. For example, our class at Marketplace Senior Apartments had a total of 31 participants across the three-class series during the month of December. In our final class, participants prepared a fruit yogurt recipe and discussed the importance of whole grains and dairy. Many participants asked when nutrition programming would be returning to their site, showing strong interest and engagement.

Attendance remained high throughout all three weeks, and we are excited about the opportunity to host more nutrition programs at this site in the future.

### **FVRx Updates:**

SNAP-Ed completed two nutrition classes with Centro de Oro, including food demonstrations, reaching the Spanish-speaking community with 30 participants in each class.

We also reconnected with an existing partner, Volunteers of America, and delivered two classes with 15 participants in each session.

In addition, SNAP-Ed partnered with two health systems. We hosted one presentation at Rochester Regional Health (RRH) with eight participants, and two presentations at Jordan Health at separate locations—Brown Square and Woodward—with a total of seven participants.

**Ronald McDonald House of Charities:** We finished the year by hosting our monthly nutrition presentations with Ronald McDonald House of Charities, along with a tabling display at Golisano Children's Hospital.

**CCAC Meeting:** We also held our final of the year, during which members were asked to complete a survey to help guide the continuation and improvement of CCAC activities.

We have already received very positive feedback. Participants expressed how excited they were to have the opportunity to attend classes again, even if only for the remainder of the year. It has been wonderful to

reconnect with participants and continue supporting them through nutrition education and access to fresh produce.

### **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. The DEI Committee is assisting all program teams in this initiative for February.

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

- The Nutrition Advisory met a few weeks ago to discuss funding strategies and brainstorm additional partnerships.

### **BOD Engagement Opportunity –**

Are there any sites you know of that could benefit from receiving nutrition programming and could collaborate with us on a fee-based structure beginning in April 2026? Additionally, are there any grants opportunities that our nutrition program could fit into?

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

#### **Monroe Community College – Wellness Wednesdays**

We have received great feedback on our programs for students, and they especially enjoy seeing SNAP-Ed tabling on a monthly basis. Students often have many questions about nutrition, and some are required to take nutrition classes for their major, so it has been great to connect with them, listen to their experiences, and talk through their relationships with food.

Recently, a student who has been attending our Wellness Wednesdays consistently shared that he has lost weight as a result of the information and support we provided. He expressed how grateful he was and said, “I couldn’t have done it without your help.”



***"SNAP-Ed educator, Laurence' Walker, tabling at MCC"***