

CCE Monroe County General Nutrition Program Update January 2026

Program Highlights

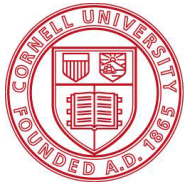
To finish the year, programming in December was provided at the following sites:

- Hilton Parma Senior Center
- Chili Senior Recreation Center
- Midvale Supportive Housing for 2 classes
- Hickock Center for Brain Injury- 2 classes
- I'm working on developing new presentations and lessons for 2026 and will now be taking into account the 2025-2030 US Dietary Guidelines and how they will impact how we discuss nutrition recommendations to our participants. MyPlate was the gold standard graphic that nutrition educators have used in community nutrition programming since it was updated to it in June 2011, replacing the various iterations of the Food Pyramid. The dietary guidelines come out every 5 years. The new guidelines have increased the protein recommendations, emphasize saturated fats, keep many things in line with former recommendations and also cover specifics for pregnant women and young children. The plan is to continue to review these new guidelines while anticipating questions from our audience on the updates.
- We have classes planned for 2026 on the calendar and are anticipating more options for fee-based programming. Some of the sites coming up in January are:
 - Lunch and Learns at East Rochester Town Hall and Pittsford Senior Center
 - 4-H Cultivating Community Mindful Eating Class
 - 3 Midvale Supportive Housing Classes
 - 2 Hickock Center for Brain Injury Classes
 - I'll be attending a monthly Food Preservation Group to continue to attain my 40 hours for Food Preservation training

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.




Cornell University Cooperative Extension Monroe County

2449 St. Paul Blvd.
Rochester, NY 14617- 4537
p. 585.753.2550
f. 585.753.2560
<http://cce.cornell.edu/monroe>

Story of Celebration or Success

I recently completed two webinars focused on the clinical implications, emerging research, and nutrition recommendations for individuals with traumatic brain injury (TBI).

As part of my ongoing commitment to maintaining my Registered Dietitian credential, I continue to seek out continuing education opportunities that also support the work we do at CCE Monroe. I chose this webinar due to providing nutrition education to the Hickock Center for Brain Injury. These webinars covered the recommendations doctors have for diagnosing TBIs and nutrition recommendations for TBI patients in the hospital.


**CERTIFICATE OF COMPLETION**

THIS IS TO CERTIFY THAT

Alyssa VanValkenburg

HAS COMPLETED THE EDUCATION ACTIVITY TITLED:

Traumatic Brain Injury: Emerging Research, Clinical Consequences, and Nutrition Recommendations from a Multidisciplinary Perspective (Part 1)


PROVIDER SIGNATURE

PROVIDER NAME Abbott Nutrition Health Institute	DATE 1/6/2026	ACTIVITY NUMBER 190877	PERFORMANCE INDICATORS 5.1.2, 5.2.6, 9.2.4
ADDRESS 3300 Stetzer Rd. Columbus, Ohio 43219	PROVIDER CODE E949537	CPEU HOURS 1	CPE LEVEL 2

