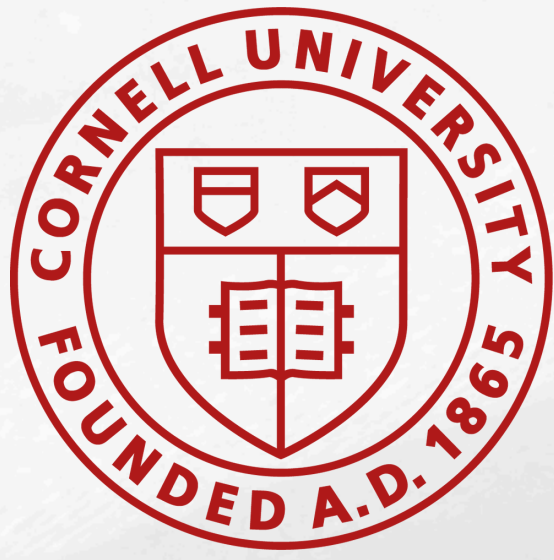




Cornell Cooperative Extension of Delaware County



Human Ecology

Empowering healthier, stronger, more connected communities.

The Human Ecology team helps individuals and families live well through education, collaboration, and hands-on learning. We work with community partners including the Office for the Aging, Public Health, Alcohol & Drug Abuse Council, CROP After-School Program, local daycares, and summer camps.

Our Programs Promote:

- Healthy Eating & Active Living
- Food Preservation & Safety
- Family-Friendly Budget Living & Financial Literacy
- Mental Wellness & Substance Use Prevention
- Smart Energy Use & Sustainability
- Strong Families & Community Connections

Expanded Food and Nutrition Education Program (EFNEP)

EFNEP helps families, individuals, and youth build healthy habits that last a lifetime. Through free, hands-on workshops in cooking, nutrition, and wellness, participants learn practical ways to eat smart, move more, and live well.

Programs include nutrition and wellness education for youth, families, and child care providers (eligible for training credit), as well as gardening and food preservation workshops that promote healthy, sustainable living.

Together, these efforts empower Delaware County residents to make informed choices that support healthier lives and stronger communities.

Eat Smart. Move More. Live Well.



Rural Health Alliance

The Rural Health Alliance works collaboratively to improve access to quality health and wellness services across Delaware County. By bringing together healthcare providers, agencies, and community organizations, the Alliance strengthens local connections, coordinates resources, and supports innovative approaches to care. Through shared planning and a focus on prevention and education, the Alliance promotes better health outcomes, reduces barriers to care, and enhances the overall well-being of Delaware County residents.



Public Health
Prevent. Promote. Protect.
Delaware County
Public Health Services

Smart Energy Choices & Resources: Smart Energy Choices, a Southern Tier collaboration of Cornell Cooperative Extension offices, helps residents, businesses, farms, and nonprofits save energy, lower costs, and adopt clean energy solutions. Our Community Energy Advisors provide free guidance on energy efficiency, solar, clean heating/cooling, incentives, electric vehicles, and community solar, as well as help with assessments, applications, and home improvements.

