

General Nutrition Program Update February 2026

Program Highlights

To begin 2026, many county nutrition programs continued, while new programs were scheduled.

January programs included:

- 2- 1st grade classroom lessons on Dairy at Helendale Elementary School (4-H)
- A series of 3 classes were held at Midvale Supportive Housing
- Lunch and Learn at Pittsford Community Center for Seniors
- Mindful Eating Workshop held for 4-H Cultivating Communities Teens
- 2 classes were held at Hickock Center for Brain Injury
- Attended Monroe County's Winterfest at Mendon Ponds Park
- Attended Irondequoit Job Fair to talk to job seekers about CCE Monroe's programs
- Chili Recreation Senior Center Class
- East Rochester Employee Presentation- Eating Healthy on a Budget
- Attended my first CCE Master Food Preservation Group meeting
- Developing new presentations for seniors on topics such as Brain Health and Nutrition considerations for Seniors
- Ordered a Pressure dial gauge tester for CCE Monroe to be able to offer testing throughout the year
- Planning upcoming classes with Gates Senior Center, Pittsford Community Center and Hilton Parma Senior Center
- Continuing to find professional development opportunities via webinars or online postings through Dietitian groups and community partners

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 –

-Continue to look for potential volunteers for the nutrition and food preservation programming that we do. In addition, continue to be looking for potential partnerships with organizations that have grant funding to provide nutrition education programming that can be customized for their target audience.

Story of Celebration or Success –

I have incorporated the topic of mindful eating into many of the classes I provide across the groups I routinely serve. This topic supports key program outcomes by increasing participants' awareness of hunger and fullness cues, highlighting self-regulation strategies related to food choices, and promoting a healthier relationship with food. Mindful eating is relevant across all age groups and contributes to improved dietary behaviors and overall health and well-being. While understanding what to eat is important, it is equally important to develop the skills needed to navigate daily routines and environments that support making healthy food choices.



THE HUNGER SCALE