

CCE Monroe General Nutrition Program Update March 2026

Program Highlights

- 3 Nutrition Classes at Hickok Center for Brain Injury, Inc.
 - Heart Health and a Roasted Beets Salad food demonstration class
 - Winter Greens food demonstration class
 - Whole Grains lesson and stove top popcorn recipes class
- Greece Senior Center: Time out for Women Heart Health Presentation for 90 senior women with Laurencé
- Midvale Supportive Housing Cooking Class: Winter Greens food Demonstration
- Chili Recreation Center Monthly Class: Have a Healthy Heart Presentation for Seniors
- Gates Senior Center: Cooking for Two Presentation and hummus dip with peppers food demonstration
- Food Preservation Social Media Posts
- Started Food Preservation Course through the Extension Foundation
- Partnership meetings with DePaul, the Veteran's Outreach Center, and Conifer Park
- In collaboration with Ann Marie and Andrea, established new process for Invoicing Partners for Nutrition Education

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, always on the lookout 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 –

Building Strong and Vibrant New York Communities

Cornell Cooperative Extension provides equal program opportunities.

Our partnership with Midvale Supportive Housing began in the beginning of 2025, and the typically monthly nutrition education class has evolved into what I have fondly named “The Cooking Class.” Each time I visit their site, participants greet me with the same enthusiastic question: “What are we cooking today?” Many reactions after trying the recipes include comments like, “That was tasty—I really didn’t expect to like that, but it was good.” I enjoy giving people the opportunity to try something new or experience familiar foods prepared in a different way. At the same time, it is essential to plan each class with the cost of food and the limitations of kitchen space in mind.

During the classes at Midvale Supportive Housing, I discuss the cost of the ingredients used in the recipe, strategies for reducing food waste, and how to compare unit prices on common grocery store items. I also emphasize the use of cost-effective ingredients such as beans, frozen fruits and vegetables, and whole grains to help maximize nutrition while staying within budget. With food costs continuing to rise, being an informed consumer has become even more important for individuals and families relying on SNAP benefits. Learning how to prepare simple, affordable meals can help reduce reliance on expensive takeout or heavily processed foods while supporting healthier eating habits.



Pictured above is Swiss chard being held up while participants discuss with partners their favorite food memories (*Excuse the poor photography skills!*)