

CCE Monroe SNAP-Ed Nutrition Program Update March 2026

Program Highlights

- National Nutrition Month Outreach (Chili Recreation Center): Celebrated “Discover the Power of Nutrition” through an interactive presentation highlighting balanced eating, simple meals, and nutrient-rich greens. Engaged residents with a healthy cooking demo featuring a whole-food “green shamrock shake,” reinforcing practical, accessible nutrition strategies.
- Youth & Teen Programming (Cameron Ministries): Delivered engaging Cooking Matters for Teens classes, teaching hands-on meal preparation (e.g., stir fry, skillet lasagna, guacamole), with strong participant feedback and enthusiasm. Completed a 4-week afterschool series covering key nutrition topics (healthy plates, sugary beverages, fats, breakfast), with high engagement and interest in expanded summer programming.
- New Program Launch - Liberty Manor: Initiated a 6-week nutrition series with strong resident participation (14 attendees at kickoff). Program combines education with hands-on skill-building, culminating in a healthy cooking session to promote sustainable dietary habits.
- Healthcare Partnership Expansion - Jordan Health: Coordinated and scheduled ongoing monthly presentations (March–May) across three sites, focusing on budget-friendly nutrition. Sessions include interactive education and take-home reinforcement tools to support behavior change.
- Community Education on Cancer & Nutrition (Wilmot Collaboration): Co-presented with Wilmot researchers on the role of antioxidants in cancer prevention and care. Engaged community members, including patients and caregivers, through education and Q&A, increasing awareness of food as medicine.
- Strategic Partnerships & Community Reach - Fidelis & Wilmot: Continuing multi-month collaboration featuring food demonstrations alongside medical experts. Previous events reached 300+ individuals per market, with plans to expand impact and community engagement in 2026.
- School District Partnership Development (RCSD): Established a new collaboration to support teacher professional development through an upcoming in-service training on “Healthy Habits in the Classroom.” This initiative expands SNAP-Ed impact by equipping educators with practical strategies to model and reinforce healthy behaviors in school settings.

Strategic Plan Update –

Intentionally imbed practices of diversity and equity in all programming Bilingual Teaching Materials:

- Classes are in English and Spanish
- After a recent review of our strategic objectives, we have decided to keep this as an action item, alongside continued brainstorming on ways to incorporate more bilingual teaching materials in languages beyond English and Spanish. Additionally, with the remaining SNAP-Ed budget, we are exploring the purchase of more bilingual information handouts and posters to support our programming.
- Equity in Classroom-Based Nutrition Education: As part of new school-based initiatives, programming emphasizes cost-effective and culturally relevant snack options for classrooms. This approach

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Cornell Cooperative Extension provides equal program opportunities.

acknowledges financial limitations educators may face and supports the diverse cultural backgrounds of students, ensuring inclusive and accessible nutrition education.

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

- We continue in partnership with Jordan Health, Saint Jude Apartments, Centro De Oro, Wilmot Cancer Institute and FIDELIS Care, Rochester Regional Health, Ronald McDonald, and Town of Irondequoit. We are starting a new partnership with Mary Cariola Center, and Ryan Center.
- The Nutrition Advisory team has met in January 2026 and will regroup with SNAP educators later to further discuss ways in which we can identify new partnerships and address gaps/opportunities. We have Nutrition team meetings on the 1st Thursday of the month in the afternoons to address gaps and share opportunities with each other.
- New Collaboration – Food Policy Council: Partnering with a Food Policy Council member to support school-based initiatives and broader community nutrition efforts. This collaboration strengthens alignment with citywide goals related to food access, equity, and health, and enhances our reach within classroom settings.

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 October 2026? Additionally, are there any grants opportunities that our nutrition program could fit into? Board member presence at community events and programming (e.g., conferences, outreach events) helps increase visibility and understanding of SNAP-Ed impact and strengthens community relationships.

Story of Celebration or Success –

Rochester Education Foundation SNAP-Ed was invited to highlight programming at the Rochester Education Foundation's Parent Engagement Series on Saturday, March 14th. We facilitated a Cooking Matters session with both teens and their parents. Participants prepared a "Broccoli Everything Salad," which incorporated multiple food groups. Prior to cooking, we reviewed key nutrition concepts and food safety to ensure participants understood both the health and safety aspects of meal preparation. Following the event, we received positive feedback expressing appreciation for the class and its impact. There are plans to expand this partnership, including the potential for a teens-focused nutrition series during the summer.

Additionally, new opportunities have emerged through strengthened school district relationships. Expanding beyond a single professional development session, this partnership is creating pathways for in-classroom nutrition education, as well as potential end-of-year events and summer programming for youth, further extending SNAP-Ed reach and impact.