



**Cornell University**

**Cornell Cooperative Extension**  
Monroe County  
2449 Saint Paul Blvd  
Rochester, NY 14617  
p.585.753.2550 f.585.753.2560  
monroe@cornell.edu  
monroe.cce.cornell.edu

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**For more information, contact:**

Ally Miller  
Nutrition Educator  
585.753.2550  
arm346@cornell.edu

## **Cooking Classes**

**Join us at the Pittsford Recreation Center for FREE classes on cooking nutritious meals**

A new partnership between Cornell Cooperative Extension and the Pittsford Recreation Center has generated a lot of excitement around health and nutrition in Monroe County. After a successful event, where Nutrition Educator, Ally Miller, hosted a Lunch & Learn at the Pittsford Recreation Center, the organization was pleased to launch a series of Cooking Classes for their community members. A budding partnership in the community has developed into a reliable community resource where people of all ages can enjoy a culinary experience where they can learn new skills, and try delicious dishes that not only excite the palate, but nourish their bodies.

January 10th of 2023 kicked off the start of Cornell Cooperative Extension's Nutrition programming at the Pittsford Recreation Center. Over fifty attendees gathered for the New Year, New Choices Lunch & Learn where they enjoyed a well balanced meal while learning how they can make changes to their overall health and wellbeing.

The beginning of a new year is a great time to reshape your routine and commit to new practices that will foster a healthier you. During the New Year, New Choices Lunch & Learn, the guests learned how to set goals that will guarantee success like practicing regular physical activity, reducing stress, making healthy food shifts, and behavior changes that can transform their health.

Participants were served a three course meal opening with a colorful beet salad and maple balsamic vinaigrette. The second course was a spiced lentil and carrot soup that comforted the crowd on a warm winter day. The guests were treated to a black bean brownie, packed full of protein, fiber and vital nutrients while they listened to Ally's nutrition talk.

**To start your health journey, sign up for one of our Cooking Classes on Thursday:**

- **May 11th, 2023**
- **June 22nd, 2023**
- **July 13th, 2023**

**Call the Pittsford Recreation Center to register now! Phone: (585) 248-6280.**

*Building Strong and Vibrant New York Communities*

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.



Ally with Head Chef at Pittsford Recreation Center