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## **County Nutrition Program Classes Are Available To All Residents Find Opportunities For Members of Your Community Here**

Cornell Cooperative Extension of Monroe County (CCE Monroe) piloted a new program in 2022 called the County Nutrition Program. The County Nutrition Program was designed to expand access to resources for residents of Monroe County. If you or the organization you work for have been looking for ways to provide your community with nutrition education and resources, see the programs below for opportunities!

### **Adult Programs**

Programs for adults use evidence-based curriculum that targets behaviors shown to reduce unhealthy weight gain and chronic disease. The County Nutrition Program offers a wide array of topics, mainly focusing on increasing consumption of nutrient dense foods, stretching your food dollar, and increasing physical activity.

### **Children's Programs**

Children programs include interactive nutrition activities, food preparation, active games to keep kids engaged and have fun while they are learning. Topics include replacing sweetened drinks with low-fat milk and water, eating more vegetables, fruits, and whole grains, eating fewer high-fat and high-sugar foods, and playing actively 60 minutes a day.

### **Senior Programs**

Programs for seniors cover the unique needs of people ages 65 and over. The County Nutrition Program frequently offers classes for seniors at town recreation centers, senior centers, and libraries. Topics focus on important subjects like eating healthy on a budget, how nutrition affects bones and joints, heart health, and the importance of physical activity.

### **Family Programs**

A lot of families find it difficult to focus on nutrition when they have a busy household or picky eaters at home. Nutrition topics for family's offer advice on getting kids involved in the kitchen, planning your meals ahead, stretching your food dollar, and providing balanced nutritious meals to the family.

*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.

Words from our community partners:

"Thank you for your time, passion, and dedication to our residents. You've made a great impact on our community."

"It was a delight to see just how enthusiastic the crowd was and how much they appreciated the samples and recipes. Also, great to see so many young children in the audience willing to eat squash!"

"Thank you very much for an engaging nutrition program here last week! You are an engaging presenter with a lot of knowledge to share."

The CCE Monroe County Nutrition Program is funded in part through the County of Monroe. The Monroe County Legislature saw the value of this important outreach and funded the program in 2022 as a pilot. It has since been placed as a permanent outreach and will remain thus through County appropriations.



**Youth Learn Cooking Skills at Mendon Public Library**



**Seniors Prepare Chopped Salads and Homemade Pizza at Cooking Class**

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