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Lettuce Learn New Recipes and Eat Healthy!

Participants tried delicious Spring Green Salad and Cucumber Strawberry Salad while learning how to eat healthy on a budget and repurposing leftovers.

Cornell Cooperative Extension of Monroe County (CCE Monroe) SNAP Education Nutrition Educators, Illuminada Vilca and Laurencé Walker, had the opportunity to present an hour-long food demonstration for individuals from the Irondequoit Public Library at the Irondequoit Community Center. The Irondequoit Public Library is dedicated to enriching the quality of life in the Town by providing quality customer services and life-long learning opportunities. The library is one of the busiest public libraries in Monroe County and an active member of the Monroe County Library System. CCE Monroe and the Irondequoit Public Library have been in collaboration with each other for six years.

The food demonstration included two salad recipes; Spring Green Salad and Cucumber Strawberry Salad. During the demonstration individuals learned how to eat healthy on a budget and ways to repurpose leftovers to make them last longer. The two salads were colorful and packed with vitamins and nutrients that were able to be sampled at the end of the demonstrations. In addition to the class, Illuminada and Laurencé, welcomed any questions participants may have had about nutrition topics. Comments we received were positive regarding their experience.

"Wow, I really like this Spring Green Salad!"

"This salad is so refreshing!"

"I will take the recipe card and make this at home."

In addition to the 13 participants who attended, the food demonstrations were recorded and they are planning to air the demos on the cooking show at noon on channel 1301 or with the ITown Media streaming App's Community/School Channel. It will also be available on demand with the streaming app under community events and uploaded to the Irondequoit Library Vimeo Account. We encourage anyone interested to review these recordings.

This series is supported by the Supplemental Nutrition Assistance Program (SNAP-Ed). SNAP -Ed is an evidence-based program that focuses on healthy nutrition topics, stretching food dollars,

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living physically active lifestyles, and engaging partners to build healthier communities.

The SNAP-Ed team at CCE-Monroe are looking forward to future collaborations with the Irondequoit Public Library, to educate the community about nutrition and encourage all to eat healthy foods!

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Iluminada (left) and Laurencé (right) preparing a salad during one food demonstration.