



Cornell Cooperative Extension Monroe County

GENERAL NUTRITION PROGRAM OFFERINGS

FOOD DEMONSTRATIONS

Interactive food demonstrations showcasing nutritious ingredients and a discussion on cooking skills, how to follow a recipe and food sampling.

EATING IN SEASON

A talk on the benefits of eating seasonal fruits and vegetables on your health, approach to cooking, and local agriculture.

MYPLATE


Learn about the Dietary Guidelines and how to incorporate all 5 food groups into your approach to eating a healthy and nutritious diet.


COOKING FOR TWO

A presentation that focuses on easy, healthy, and quick cooking and food preparation for individuals or couples.

(OVER)

For more information contact:
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Programs may have associated costs.





Program offerings can be tailored to your organization. If you have a specific topic or area of interest related to nutrition and health, we can discuss during the initial planning stage. We can also plan a series of classes.

PROGRAM OFFERINGS CONTINUED...

HEALTHY FOOD SHIFTS & PERSONAL GOALS

A talk on setting and achieving SMART health goals and making healthy food shifts.

HEART HEALTH


A presentation on the role of food and lifestyle in maintaining a healthy heart.

HEALTHY EATING ON A BUDGET

An interactive presentation on making healthy and cost-effective food choices.

BONE & JOINT HEALTH

During this talk, learn about the importance of diet and exercise for bone and joint health.



Cornell Cooperative Association in Monroe County provides equal program and employment opportunities. Accommodations for persons with disabilities may be requested. Please contact CCE Monroe if you require special assistance.