Community Education with Cornell Cooperative Extensions

By: Jamie Oriol | St. Lawrence University Sustainability Semester

**Goal**

Working with the Nutrition Educator, Kristin Colarusso, we focused on educating and informing the public on how to live and support a healthier lifestyle.

**Introduction**

CCE offers a unique and experience in that it focus all of its attention towards working for the benefit of the local community.

Working with Kristin provided an opportunity to really become aware of and immersed in this community, continually interacting with different groups of people.

<table>
<thead>
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<th>CSA</th>
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<tr>
<td>• Analyzed available resources</td>
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<td>• Discussed prices</td>
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<td>• Found Consumer</td>
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<td>• Organized Dispersal</td>
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<td>• Created pamphlets to distribute</td>
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**Health and Fitness**

• Helped assist in several workshops focusing on educating elderly women on nutrition and a healthy diet
  - Classes also had a fitness component where we taught easy and effective exercises used to increase strength and get in shape

**Master Gardeners**

• Participated in a volunteer group working to improve CCE landscape and attract more community members

**Other Workshops**

• Workshop on positive Environmental Change for Canton
• Workshop on Farm practices and improving business
• Food Safety Workshop
• Youth Maple Sugaring workshop

**Conclusion: what I’ve taken from this CBL**

• Improve on public speaking skills
• Improve on research skills
• Learn to work well with others
• Learn how to advertise and convey ideas
• Understand the importance of community

**Works Cited**