Finger Lakes Community Health Partners with CCE of Wayne Co
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Finger Lakes Community Health (FLCH) and Cornell Cooperative Extension (CCE) of Wayne County have formed a valuable partnership over the last several years to offer nutrition programming to the migrant farmworkers of Wayne and Ontario Counties. Recently, the Worker Justice Center of New York (WJCNY) has joined the partnership.

Nutrition and breastfeeding classes have been offered in Sodus, Newark, Clifton Springs, and Geneva. FLCH provides translation and transportation for the participants as well as the educator. Educational materials are offered in Spanish along with English. FLCH staff is instrumental in translating some of the materials into Spanish when other resources are not available.

When the women farmworkers decided to form a group with the help of WJCNY, CCE of Wayne County was asked to be the first agency to provide programming for the group. One of the founding members is a graduate from a previous CCE group. She enjoyed the class so much that she wanted the others women to have an opportunity to benefit as much as she and her family benefitted from attending classes. WJCNY coordinated the classes and provided childcare in the same facility so that the mothers could attend while the children had fun.

One of the recent graduates reported that she has lost weight, her pants “are big”, her “daughters are eating many new foods”, and she has reduced her grocery bill from $300 per week to $50 per week by planning meals and making grocery lists to take advantage of sales. Her girls also participated in the lessons learning about nutrition and preparing healthy recipes in class. A grocery store tour is planned in May at Canandaigua Tops through FoodLink to wrap up the class.

This winter a breastfeeding workshop was presented, in conjunction with Ontario County Public Health, to FLCH outreach workers from the region on how best to support the mothers and families that they work with. They also participated in the 2013 World Breastfeeding Summit.

Currently a weekly breastfeeding class is being offered at the FLCH clinic in Sodus. One mom of a 3 month old is attending so that she will be successful with her next pregnancy. She said that she wishes that she had attended when she was pregnant because she is learning so much.

CCE of Wayne County is looking forward to expanding our relationship with FLCH and WJCNY to offer programs to the individuals and families in the area.