

Cornell Cooperative Extension | Suffolk County

Free for You ... From Us

We know that times are tough and that families and businesses are navigating new territory. Cornell Cooperative Extension of Suffolk County is here for you, our neighbors and residents, with free workshops, curriculum or just for a leisurely stroll around the County Farm!

For information about these programs - **suffolk@cornell.edu**



Agriculture/Horticulture

CCE's Agriculture Program works with the agricultural and horticultural industries and home gardeners alike.

- Free library programs - focused on gardening and community horticulture
- Call or email our Horticulture Diagnostic Lab for garden or landscaping questions - 631-727-4126
- CCE-trained Master Gardener Volunteers are a resource for community groups, gardens, and beautification projects.
- Consultations are free for local agricultural producers, landscape professionals, and municipalities.



Community Nutrition

Our community-based nutrition education and obesity prevention programs is a resource for limited income populations.

- Bilingual workshops- focused on active and healthy lifestyles- are offered throughout LI.
- Bilingual nutrition education and resources for staff and customers through the Healthy Corner Store Initiative.
- Free mentoring program for dietetic interns.



Marine

The Marine Program helps keep our waters clean and safe for us as well as our abundant sea-life.

- Marine science related curriculum for educators and parents
- Hands on activities at our Tiana Bayside or Southold site focused on habitat and eelgrass restoration efforts
- Stormwater Superheroes Nearpod learning module available to schools and serves as a self-paced interactive program



Family Health & Wellness

The Family Health and Wellness Program provides research-based information that strengthens and supports families.

- Library programs throughout Suffolk – focused on family and parenting
- Diabetes Education programs
- Parent Education Series for Essential and County Workers
- RN and RD visits to patients at Hudson River Health Care Centers
- Podcasts: Family Wellness Tips and Parenting Tips



Suffolk County Farm/4H Youth Development

This working farm and education facility is open to the public year round, 7 days a week for families and individuals.

- Youth and families can explore the Children's and Herb Gardens
- Youth and families can experience free play in our Nature Explore Classroom



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Low cost educational programs are also available to community members. In some cases, scholarships are offered for selected programs.