

NORTH COUNTRY REGION
EAT SMART NY



February 2018

FREE Community Workshops



Oswego

Oswego County Health Dept.

70 Bunner St.

Harvest of the Month

Tues, Feb. 13 & 20 @ 2pm

YMCA

265 W. 1st. St.

Harvest of the Month For Kids

Mon, Feb. 26 @ 11am & 11:30am

Salvation Army

73 W. 2nd St.

Harvest of the Month

Tues, Feb. 27 @ 11am & 11:30am

Mexico

St. Anne's Church

3352 Main St.

Harvest of the Month

Wed, Feb. 7 & 21 @ 5pm

Mon, Feb. 12 & 26 @ 1pm

DSS

100 Spring St.

Harvest of the Month

Thurs, Feb. 1, 8, 15, 22 @ 2pm

1st. United Methodist Church

5306 Church St.

Harvest of the Month

Mon, Feb. 5 @ 11:30am

Fulton

Fulton Library

160 S. 1st. St.

Cooking Matters for kids

Fri, Feb. 23 @ 12pm

Harvest of the Month

Thurs, Feb. 8 @ 4pm

Wed, Feb. 28 @ 4pm

Salvation Army

62 S. 1st. St.

Harvest of the Month

Tues, Feb. 20 @ 11am

Phoenix

1st. Congregational Church

43 Bridge St.

Harvest of the Month

Wed, Feb. 14 @ 11:30am

Pulaski

Pulaski Community Cupboard

12 Bridge St.

Harvest of the Month

Wed, Feb. 28 @ 11am



**Balance calories with
physical activity!**

The most up-to-date information on classes, store tours & more at northcountryeatsmartny.org



Cornell Cooperative Extension

Toll-free: 1-844-3MY-ESNY



Eatsmartnynorthcountryregion

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