

NORTH COUNTRY REGION
EAT SMART NY

Toll-Free 1-844-3MY-ESNY



February 2018



FREE Community Workshops

Utica

Rescue Mission

203 Rutger St.

Fuel up With Fruits & Veggies

Fri, Feb. 2 & 23 @ 12:30pm

Cooking Matters

Fri, Feb. 9 & 16 @ 12:30pm

Veterans Ctr. Food Pantry

726 Washington St.

Cooking Matters

Thurs, Feb. 1 @ 11am

Fuel up With Fruits & Veggies

Thurs, Feb. 8 & 15 @ 11am

Utica Food Bank

729 Broadway St.

Cooking Matters

Mon, Feb. 5 @ 11am

Fuel up With Fruits & Veggies

Mon, Feb. 12 & 19 @ 11am

Utica

Utica Library

303 Genesee St.

Harvest of the Month

Thurs, Feb. 1 @ 3pm

Harvest of the Month for Kids

Thurs, Feb. 22 @ 2pm

Utica DSS

800 Park Ave.

Harvest of the Month

Mon, Feb. 12 @ 10am

Wed, Feb. 14 @ 10am

Fri, Feb. 23 @ 10am

N. Utica Community Ctr.

50 Riverside Dr.

Harvest of the Month

Wed, Feb. 14 @ 11am

Your Bargain Grocer

506 Columbia St.

MyPlate For My Family

Wed, Feb. 14 @ 12pm

Utica

Oneida County Health Dept.

406 Elizabeth St.

Cooking Matters

Mon, Feb. 5 @ 2pm

Thurs, Feb. 8 @ 2pm

Fuel up With Fruits & Veggies

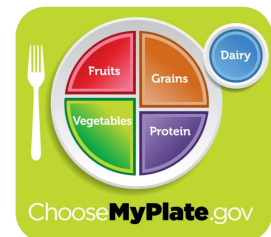
Mon, Feb. 12 & 26 @ 1:30pm

Fidelis Care Clinic

209 Elizabeth Street

MyPlate For My Family

Fri, Feb. 2 @ 12pm



**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

This material is funded by the USDA Supplemental Nutrition Assistance Program (SNAP). An equal opportunity provider and employer.

Boonville

Senior Nutrition Ctr.

105 Ann St.

Harvest of the Month

Fri, Feb. 9 @ 1pm

Vernon

Holy Family Church

Food Pantry

4343 Peterboro St.

Harvest of the Month

Fri, Feb. 2 @ 9:30am

Lee Center

St. Josephs Church

Food Pantry

5748 Stokes Lee Ctr. Rd.

Harvest of the Month

Thurs, Feb. 22 @ 9:30am

Rome

MVCC Fresh Food Giveaway

1101 Floyd Ave.

Harvest of the Month

Fri, Feb. 9 @ 3:30pm

Zion Church Soup Kitchen

140 W. Liberty St.

Harvest of the Month

Tues, Feb. 20 @ 12pm

Utica

Hannaford Supermarket

1122 Mohawk St.

*Grocery Store Tour

Wed, Feb. 21 @ 10:30am

Thurs, Feb. 22 @ 10:30am

Tues, Feb. 27 @ 10:30am

Wed, Feb. 28 @ 1:30pm

* To qualify for a **store tour** you must receive SNAP or WIC, have children in Head Start, or receive free or reduced price lunches. Store Tours are 1x per lifetime, per person. Space is limited. **\$10 Grocery cards are limited and not guaranteed.**

Call (315) 736-3394 ext. 116

Eat more fruits & vegetables!

