

NORTH COUNTRY REGION

EAT SMART NY



February 2018



FREE Community Workshops

Herkimer

Salvation Army

431 N. Prospect St.

Harvest of the Month

Fri, Feb. 2 @ 10am

Galinski Housing Complex

100 Protection Ave,

Rethink Your Drink

Thurs, Feb. 8 @ 2pm

DSS

301 N. Washington St.

Harvest of the Month

Tues, Feb. 27 @ 1pm

Ilion

Prindle Housing Complex

80 N. West St.

Rethink Your Drink

Tues, Feb. 6 @ 1:30pm

London Towers Housing Complex

100 W. Main St.

Harvest of the Month

Wed, Feb. 14 @ 2pm

Aldi

166 Central Ave.

* Grocery Store Tour

Fri, Feb. 9 @ 2pm

Newport

Kuyahoor Food Pantry

7514 Main St.

Harvest of the Month

Mon, Feb. 26 @ 1pm

* 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) 866-7920 Ext. 225

Dolgeville

Big M

15 Lamberson St.

Food Demonstration

Fri, Feb. 2 @ 1pm

Wed, Feb. 7 @ 2pm



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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