

NORTH COUNTRY REGION

# EAT SMART NY



**February 2018**



## FREE Community Workshops

### Watertown

**Catholic Charities**

227 Sherman St.

**Harvest of the Month**

**Fri, Feb. 2 @ 9:30am**

**Salvation Army**

723 State St.

**Harvest of the Month**

**Fri, Feb. 16 @ 10:30am**

**Skyline Apartments**

454 Mill St.

**Harvest of the Month**

**Tues, Feb. 27 @ 3:30pm**

**The Urban Mission**

247 Factory Street

**Harvest of the Month**

**Thurs, Feb. 15 @ 2:30pm**

**Balance calories with  
physical activity!**

### Carthage

**William Dalton Estates**

38 N. Broad St.

**Harvest of the Month**

**Tues, Feb. 20 @ 2pm**

**Grandview Courts**

40 N. Broad St.

**Harvest of the Month**

**Tues, Feb. 20 @ 3pm**

**West Side Terrace**

63 Madison St.

**Harvest of the Month**

**Thurs, Feb. 22 @ 3pm**

### Lowville

**Lowville Food Pantry**

7646 Forest Ave.

**Harvest of the Month**

**Thurs, Feb. 22 @ 12:30pm**

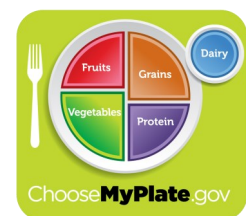
### Evans Mills

**Milltown Elderly Housing**

8130 Schell Ave.

**Harvest of the Month**

**Thurs, Feb. 22 @ 1:30pm**



The most up-to-date information on classes, store tours & more at [northcountryeatSMARTny.org](http://northcountryeatSMARTny.org)



Cornell Cooperative Extension

**Toll-Free: 1-844-3MY-ESNY**



[EatSMARTnynorthcountryregion](http://EatSMARTnynorthcountryregion)

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