

NORTH COUNTRY REGION
EAT SMART NY

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



April 2018

FREE Community Workshops

Herkimer

Galinski Housing Complex

100 Protection Ave.

Harvest of The Month

Tues, April 10 @ 2pm

Salvation Army

431 N. Prospect St.

Harvest of The Month

Fri, April 13 @ 1pm

Newport

Kuyahoora Food Pantry

7516 Main St.

Harvest of the Month

Mon, April 16 @ 12:30pm

Ilion

London Towers Housing Complex

100 W. Main St.

Harvest of the Month

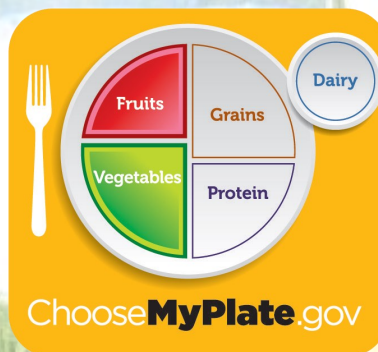
Wed, April 25 @ 2pm

Prindle Housing Complex

80 N. West St.

Fuel up With Fruits and Veggies

Thurs, April 12 @ 1:30pm



**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.