

NORTH COUNTRY REGION  
**EAT SMART NY**

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



**April 2018**

**FREE Community Workshops**

**Watertown**

**Catholic Charities**

227 Sherman St.

**Harvest of the Month**

**Fri, April 6 @ 9:30am**

**Great American**

672 State St.

**\* Grocery Store Tour**

**Fri, April 6 @ 11:30am**

**The Urban Mission**

247 Factory St.

**Harvest of the Month**

**Thurs, April 19 @ 2:30pm**

**Salvation Army Soup Kitchen**

723 State St.

**Harvest of the Month**

**Fri, April 20 @ 10:30am**

**Watertown**

**LeRay St. Apartments**

847 LeRay St.

**Harvest of the Month**

**Mon, April 16 @ 1pm**

**Midtown Towers**

142 Mechanic St.

**Harvest of the Month**

**Mon, April 16 @ 2pm**

**Skyline Apartments**

454 Mill St.

**Harvest of the Month**

**Mon, April 16 @ 3pm**

**Lowville**

**Lowville Food Pantry**

7646 Forest Ave.

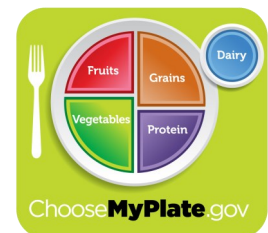
**Harvest of the Month**

**Fri, April 20 @ 12:30pm**



\* 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) 788-8450 to RSVP**



**Balance calories with  
physical activity!**

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



**Cornell Cooperative Extension**

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[EatSMARTnynorthcountryregion](http://EatSMARTnynorthcountryregion)

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