

NORTH COUNTRY REGION
EAT SMART NY

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



April 2018

FREE Community Workshops

Plattsburgh

Plattsburgh Interfaith Food Shelf

127 Beekman St.

Fuel up With Fruits & Veggies

Mon, April 16 @ 9am & 9:30am

JCEO Food Pantry

54 Margaret St.

Cooking Matters

Tues, April 10, 17, 24 @ 12pm

Salvation Army Soup Kitchen

4804 S. Catherine St.

Harvest of the Month

Wed, April 25 @ 12:30pm

Plattsburgh

Price Chopper

19 Centre Dr.

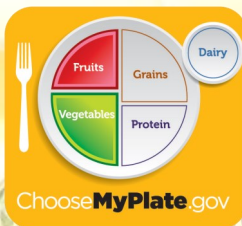
***Grocery Store Tour**

Fri, April 13, 20, 27 @ 2:45pm

* 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 (518) 561-7450 to RSVP



**Balance calories with
physical activity!**

The most up-to-date information on classes, store tours & more at northcountryeatsmartny.org



Cornell Cooperative Extension

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