

NORTH COUNTRY REGION

EAT SMART NY

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



April 2018

FREE Community Workshops

Utica

Oneida County Health Dept.

406 Elizabeth St.

Fuel up With Fruits & Veggies

Mon, April 2 & 9 @ 3pm

Your Bargain Grocer

506 Columbia St.

Food Demonstration

Wed, April 4 & 18 @ 11am

Utica Food Bank

729 Broadway St.

MyPlate

Thurs, April 5 @ 11am

Mon, April 9 @ 11am

Fuel up With Fruits & Veggies

Thurs, April 12 @ 11am

Utica Children's Museum

311 Main St.

Hooked on Health

Tues, April 24 @ 11am

Utica

Utica Library

303 Genesee St.

Harvest of the Month

Thurs, April 12 @ 3pm

Utica DSS

800 Park Ave.

MyPlate For My Family

Mon, April 2 @ 10am

Wed, April 4 @ 10am

Wed, April 18 @ 10am

Eat Healthy be Active

Mon, April 9 & 16 @ 10am

Cooking Matters

Wed, April 11 @ 10am

Johnson Park

26 Johnson Park

MyPlate For My Family

Mon, April 23 @ 3pm

Utica

Thea Bowman Food Pantry

702 Columbia St.

Harvest of The Month

Thurs, April 12 @ 1pm

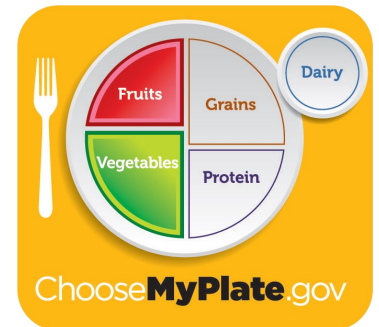
Mother Mary Anne W. Side

Soup Kitchen

702 Columbia St.

Harvest of The Month

Fri, April 27 @ 12pm



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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Eatsmartnynorthcountryregion

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FREE Community Workshops

Waterville

Waterville Food Pantry

145 Stafford Ave.

Harvest of the Month

Mon, April 2 @ 2pm

Durhamville

Verona Town Office Building

6600 Germany Rd.

Harvest of the Month

Tues, April 3 @ 1pm

Boonville

Senior Nutrition Center

105 Ann St.

Harvest of the Month

Fri, April 13 @ 1:15pm

Rome

MVCC Fresh Food Giveaway

1101 Floyd Ave.

Harvest of the Month

Fri, April 13 @ 3:30pm

Camden

Camden Food Pantry

84 Main St.

Fuel up With Fruits & Veggies

Tues, April 17 @ 10am

Lee Center

St. Joseph's Church Food Pantry

5748 Stokes Lee Ctr. Rd.

Harvest of the Month

Thurs, April 19 @ 9:30am & 11am

