

NORTH COUNTRY REGION
EAT SMART NY

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



May 2018

FREE Community Workshops

Utica

Your Bargain Grocer

506 Columbia St.

Food Demonstration

Wed, May 2 @ 11am

Utica Food Bank

729 Broadway St.

MyPlate

Thurs, May 24 & 31 @ 11am

Utica DSS

800 Park Ave.

Harvest of the Month

Tues, May 1 @ 10am

Mon, May 7 @ 10am

Mon, May 21 @ 10am

Wed, May 30 @ 10am

Clark Mills

Kirkland Sr. Center

2 Mill St.

Harvest of the Month

Tues, May 15 @ 12:30pm

Waterville

Waterville Food Pantry

145 Stafford Ave.

Fuel up With Fruits & Veggies

Mon, May 7 @ 3pm

Rome

MVCC Fresh Food Giveaway

101 Floyd Ave.

Fuel up With Fruits & Veggies

Fri, May 11 @ 3:30pm

Lee Center

St. Joseph's Church Food Pantry

5748 Stokes Lee Ctr. Rd.

Fuel up With Fruits & Veggies

Thurs, May 31 @ 9:30am

**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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