

NORTH COUNTRY REGION
EAT SMART NY

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



May 2018

FREE Community Workshops

Herkimer

Salvation Army

431 N. Prospect St.

Cooking Matters

Wed, May 2 @ 1pm

Galinski Housing Complex

105 Protection Ave.

Cooking Matters

Thurs, May 24 @ 1:30pm

Ilion

Aldi

166 Central Ave.

*** Grocery Store Tour**

Thurs, May 3 @ 12pm

Prindle Housing Complex

80 E. North St.

Cooking Matters

Wed, May 23 @ 1:30pm

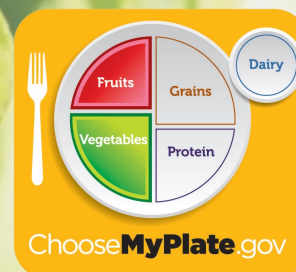
Frankfort

Herkimer County Fair Grounds

135 Cemetery St.

Cooking Matters

Tues, May 15 @ 11am



**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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