

NORTH COUNTRY REGION
EAT SMART NY

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



May 2018

FREE Community Workshops

Watertown

Salvation Army Soup Kitchen

723 State St.

Harvest of The Month

Fri, May 18 @ 10:30am

The Urban Mission

247 Factory St.

Harvest of The Month

Tues, May 24 @ 2:30PM

Skyline Apartments

454 Mill St.

Harvest of The Month

Tues, May 29 @ 3:30PM

Community Action

Planning Council

518 Davidson St. # 1

Thurs, May 24 @ 5PM

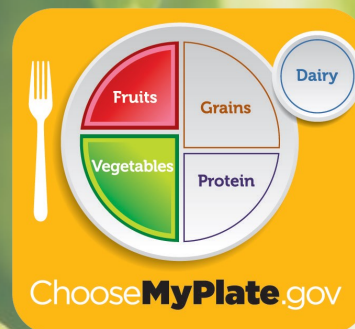
Lowville

Lowville Food Pantry

7646 Forest Ave.

Harvest of The Month

Fri, May 18 @ 12:30pm



**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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