

NORTH COUNTRY REGION  
**EAT SMART NY**

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



**May 2018**

**FREE Community Workshops**

**Oswego**

**Oswego County Health Dept.**

70 Bunner St.

**MyPlate For my Family**

Tues, May 1 @ 12pm

Tues, May 8, 15, 22 @ 12:15pm

**Salvation Army Soup Kitchen**

73 W. 2nd St.

**MyPlate For my Family**

Tues, May 22 @ 11am & 11:30am

**Pulaski**

**Pulaski Community Safety Day**

Sharp Elementary School

20 Hinman Rd.

**Great Garden Detective**

Sat, May 5 @ 10am

**Pulaski Community Cupboard**

12 Bridge St.

**Cooking Matters**

Wed, May 30 @ 11am

**Mexico**

**Oswego County DSS**

100 Spring St.

**MyPlate For My Family**

Thurs, May 3, 10, 17, 24 @ 11am

**First United Methodist Church**

5306 Church St.

**MyPlate For My Family**

Mon, May 7 @ 11am

**Fuel up With Fruits & Veggies**

Mon, May 21 @ 11am

**St. Anne's Church**

3352 Main St.

**MyPlate For My Family**

Mon, May 7, 14, 21 @ 1pm

Wed, May 9 & 16 @ 5pm

**Orwell**

**Cogswell Free Library**

1999 County Rt. 2

**Rethink Your Drink**

Sat, May 19 @ 10am

**Fulton**

**Fulton Library**

160 S. 1st St.

**Harvest of The Month**

Thurs, May 3 @ 4pm

Wed, May 23 @ 4pm

**Salvation Army**

62 S. 1st St.

**MyPlate For My Family**

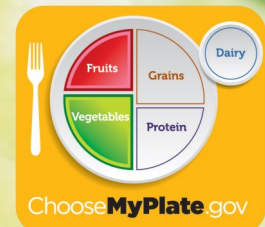
Tues, May 15 @ 11am

**John Lincoln Park**

Gilbert St. & South 12 St.

**Cooking Matters**

Sat, May 12 @ 12pm



**Balance calories with  
Physical activity!**

The most up-to-date information on classes, store tours & more at [northcountryeatsmartny.org](http://northcountryeatsmartny.org)



**Cornell Cooperative Extension**

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[Eatsmartnynorthcountryregion](http://Eatsmartnynorthcountryregion)

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