

NORTH COUNTRY REGION
EAT SMART NY

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



May 2018

FREE Community Workshops

Plattsburgh

Lakeview Towers

34 Flynn Ave.

Fuel up With Fruits & Veggies

Tues, May 8 @ 10:30am

Clinton County Sr. Center

5139 N. Catherine St.

Fuel up With Fruits & Veggies

Tues, May 15 @ 11am

Plattsburgh Interfaith Food shelf

127 Beckman St.

Harvest of The Month

Friday, May 18 @ 9 & 9:30am

Peru

Peru Sr. Nutrition Site

3030 Main St.

Fuel up With Fruits & Veggies

Thurs, May 24 @ 11:30am

Dannemora

Dannemora Sr. Nutrition Site

40 Emmons St.

Fuel up With Fruits & Veggies

Wed, May 9 @ 11:15am

Rouses Point

Rouses Point Sr. Nutrition Site

9 Liberty St.

Fuel up With Fruits & Veggies

Thurs, May 17 @ 11am

Ellenburg

Ellenburg Sr. Nutrition Site

5538 Route 11

Fuel up With Fruits & Veggies

Thurs, May 10 @ 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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Eatsmartnynorthcountryregion

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