

NORTH COUNTRY REGION  
**EAT SMART NY**



**June 2018**

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

**FREE Community Workshops**

**Plattsburgh**

**Plattsburgh Interfaith Food Shelf**

127 Beekman St.

**Cooking Matters**

**Mon, June 4, 18, 25 @ 9am & 9:30am**

**Fri, June 15 @ 9am & 9:30pm**

**Harvest of the Month**

**Fri, June 29 @ 9am & 9:30am**

**JCEO Food Pantry**

54 Margaret St.

**Cooking Matters**

**Tues, June 5, 12, 26 @ 12pm**

**Salvation Army**

4804 S. Catherine St.

**Harvest of the Month**

**Wed, June 27 @ 12:30pm**

**W. Plattsburgh**

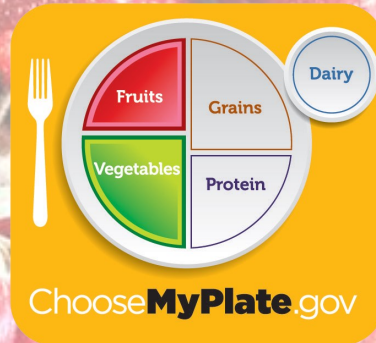
**St. Joseph & St. Alexander**

**Soup Kitchen**

1349 Military Turnpike

**Cooking Matters**

**Thurs, June 21 & 28 @ 4pm**



**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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