

Community Workshops

Eat Smart New York (ESNY)

- ESNY is a federally funded SNAP nutrition education and obesity prevention program. Working with community partners and agencies, our educators share the importance of good nutrition and physical activity.
- Educators deliver a variety of lessons at qualified sites including: DSS, youth groups, after-school programs, food pantries, soup kitchens, community centers, senior sites, health clinics and more.
- Interested in bringing ESNY to your site? To find out if you qualify, contact us at **1-844-3MY-ESNY** or email us at **northcountrysnaped@cornell.edu**

*Lesson Highlights

Adults will:

- Learn about the benefits of shopping at a farmers' market.
- Identify nearby farmers' markets.
- Learn about the health benefits of exercise & eating fruits and veggies.

Newport

Kuyahoor Food Pantry

7516 Main St.

Mon, June 11 @ 1pm

West Winfield

W. Winfield Food Pantry

452 E. Main St.

Mon, June 18 @ 3pm

Herkimer

Galinski Housing Complex

100 Protection Ave.

Thurs, June 21 @ 2pm

Salvation Army

431 N Prospect St.

Mon, June 25 @ 10:30am

Fri, June 29 @ 10:30am

Herkimer County

Cooperative Extension

5657 State Rt. 5

Mon, June 4 @ 9:15am & 12pm

Basloe Library

245 N Main St

Harvest of the Month for Kids

Thurs, June 28 @ 1:30pm

Text EatSmartNY to 99000 *Message and data rates may apply.

