

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.

For more information about Sr. meal sites and menus visit:

www.lewiscounty.org/departments/office-for-the-aging

Lowville

Maple Ridge Center

Sr. Meal Site*

7421 E. Rd.

Mon, June 11 @ 11:30am

*Reservation required call (315) 376-5313

Lowville Food Pantry

7646 Forest Ave.

Mon, June 11 @ 12:30pm

Harrisville

Harris Court Apartments

Sr. Meal Site*

14170 Church St.

Wed, June 20 @ 11:30am

*Reservation required call (315) 376-5313

Croghan

Steepleview Court Apartments

Sr. Meal Site *

6926 George St.

Thurs, June 21 @ 11:30am

*Reservation required call (315) 376-5313

Lyons Falls

McManus Hotel

Sr. Meal Site*

4103 Center St.

Wed, June 27 @ 11:15am

*Reservation required call (315) 348-8542

Greig

Brantingham Greig Reading Ctr.

5186 Greig Rd.

Mon, June 11 @ 1:30pm

Copenhagen

United Church

Sr. Meal Site*

Corner of Main & Maiden Lane

Thurs, June 28 @ 11:30am

*Reservation required call (315) 376-5313

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



Northcountryeatsmartny.org