

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 **northcountrysnapped@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.

Adams

County View Apartments

Sr. Meal Site *

87 E. Church St.

Thurs, June 7 @ 11:45am

Thurs, June 28 @ 11am

* Reservation required (315) 686-4400

Clayton

Paytner Sr. Center

Sr. Meal Site*

914 Strawberry Lane

Wed, June 13 @ 11am

Mon, June 25 @ 11:45am

* Reservation required (315) 686-4400

Watertown

Salvation Army Soup Kitchen

723 State St.

Fri, June 15 @ 10:30am

Midtown Towers

Sr. Meal Site *

142 Mechanic St.

Mon, June 18 @ 11:15am

Tues, June 19 @ 11am

* Reservation required (315) 686-4400

The Urban Mission

247 Factory St.

Thurs, June 21 @ 2:30pm

Community Action

518 Davidson St. # 1

Tues, June 26 @ 11am

Skyline Apartments

454 Mill St.

Tues, June 26 @ 3:30pm

Dexter

Hunters Run Apts.

1000 Hunters Run

Wed, June 13 @ 2pm

Carthage

Long Falls Apts.

Sr. Meal Site*

222 State St.

Fri, June 8 @ 11:15am

* Reservation required call (315) 686-4400

Alexandria Bay

Village Municipal Building

Sr. Meal Site*

110 Walton St.

Tues, June 12 @ 11am

Tues, June 26 @ 11:30am

* Reservation required call (315) 686-4400

Lafargeville

Lafargeville Sr. Housing

36421 Penet Square Dr.

Tues, June 12 @ 2pm

Penet Square Apts.

36380 Penet Square Dr.

Tues, June 12 @ 3pm

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

