

NORTH COUNTRY REGION
EAT SMART NY



June 2018

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

FREE Community Workshops

Utica

Utica DSS

800 Park Ave.

Harvest of the Month

Mon, June 18, 25 @ 10am

Your Bargain Grocer

506 Columbia St.

Food Demonstration

Wed, June 20 @ 11am

Thea Bowman Food Pantry

702 Columbia St.

Harvest of The Month

Thurs, June 14 @ 1pm

Mother Marianne Soup Kitchen

702 Columbia St.

Harvest of The Month

Fri, June 22 @ 11:30am

N. Utica Sr. Community Center

50 Riverside Dr.

Harvest of the Month

Tues, June 26 @ 11:15am

Utica

Utica Food Bank

729 Broadway St.

MyPlate

Thurs, June 21, 28 @ 11am

Your Bargain Grocer

506 Columbia St.

MyPlate

Wed, June 6 @ 11am

MVCC Jorgensen Center

1101 Sherman Ave.

Build a Bike

Sat, June 9 @ 9am-3pm

Parretta Twin Towers Apts.

Community Room

509 2nd. St.

MyPlate

Wed, June 13 @ 1pm

Durhamville

Verona Town Office Building

6600 Germany Rd.

Harvest of the Month

Tues, June 19 @ 1:30pm

Lee Center

St. Joseph's Church Food Pantry

5748 Stokes Lee Ctr. Rd.

Harvest of the Month

Thurs, June 21 @ 9:30am

Rome

MVCC Fresh Food Giveaway

101 Floyd Ave.

Harvest of the Month

Fri, June 8 @ 3:30pm

Rome Rescue Mission

413 E. Dominick St.

Eat Healthy Be Active

Fri, June 27 @ 11:30am



**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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