

NORTH COUNTRY REGION  
**EAT SMART NY**



**June 2018**

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

**FREE Community Workshops**

**Mexico**

**St. Anne's Church**

3352 Main St.

**Cooking Matters**

Mon, June 18, 25 @ 1pm

Wed, June 13 & 20 @ 5pm

**Oswego DSS**

100 Spring St.

**Harvest of the Month**

Thurs, June 7, 14, 21 @ 10am

**Fulton**

**Salvation Army Kitchen**

62 S. First St.

**Harvest of The Month**

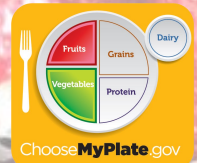
Tues, June 19 @ 11am

**Fulton Library**

160 S. 1st. St.

**Harvest of The Month**

Thurs, June 21 @ 4pm



**Balance calories with  
physical activity!**

**Orwell**

**Cogswell Free Library**

1999 County Rt. 2

**Harvest of The Month for Kids**

Sat, June 23 @ 10am

**Oswego**

**Oswego County Health Dept.**

70 Bunner St.

**Harvest of The Month**

Tues, June 5, 12, 26 @ 12:15pm

**Salvation Army Soup Kitchen**

73 W. 2nd St.

**Harvest of The Month**

Tues, June 26 @ 11 & 11:30am

**Oswego Farmers' Market**

W. 1st St. Between Bridge & Oneida St.

**Harvest of The Month**

Thurs, June 14 @ 4:30pm

**Pulaski**

**Pulaski Community Cupboard**

12 Bridge St.

**Harvest of The Month**

Wed, June 27 @ 11am

The most up-to-date information on classes, store tours & more at [northcountryeatsmartny.org](http://northcountryeatsmartny.org)



**Cornell Cooperative Extension**

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



[Eatsmartnynorthcountryregion](http://Eatsmartnynorthcountryregion)

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