

NORTH COUNTRY REGION
EAT SMART NY

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



July 2018

FREE Community Workshops

Mohawk

Weller Library

41 W. Main St.

Summer Rec. For Kids

Summer Food, Summer Moves

Fri, July 13, 20, 27 @ 10:30am

Newport

Kuyahoorra Food Pantry

7516 N. Main St.

Rethink Your Drink

Mon, July 16 @ 1pm

Ilion

Prindle Housing Complex

80 N. 1St.

Harvest of The Month

Tues, July 24 @ 2pm

London Towers

100 W. Main St.

Harvest of the Month

Tues, July 31 @ 2pm

Herkimer

Salvation Army

431 N. Prospect St.

Fuel up With Fruits & Veggies

Fri, July 20 @ 1pm

Galinski Housing Complex

105 Protection Ave

Harvest of The Month

Wed, July 25 @ 2pm

Summer Meal Sites

FREE Nutritious meals provided to all eligible children 18 years or younger. To find summer meal site locations text **"food" to 877877** or visit www.fns.usda.gov/summerfoodrocks



The most up-to-date information on classes, store tours & more at northcountryeatSMARTny.org



Cornell Cooperative Extension

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