

NORTH COUNTRY REGION

# EAT SMART NY

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



## July 2018

### FREE Community Workshops

#### Plattsburgh

\*Treadwell Mills Park

1403 Military Turnpike

**Summer Food, Summer Moves**

Mon, July 23 & 30 @ 11:30am

\*Wallace Hill Park

140 Wallace Hill Rd.

**Summer Food, Summer Moves**

Tues, July 24 & 31 @ 12:15pm

\* Evergreen Townhouse Community

6 Tara Lane

**Summer Food, Summer Moves**

Wed, July 25 @ 11:30am

#### Plattsburgh

Plattsburgh Interfaith Food Shelf

127 Beekman St.

**Eat Healthy be Active**

Mon, July 9, 16 & 23 @ 9am & 9:30am

Thurs, July 12 @ 9:30am

Thurs, July 19 @ 9am & 9:30am

**Harvest of the Month**

Mon, July 30 @ 9am & 9:30am

St. Joseph and St. Alexander's  
Soup Kitchen

1349 Military Turnpike

**Cooking Matters**

Thurs, July 12, 19, 26 @ 4pm

#### \*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](http://www.fns.usda.gov/summerfoodrocks)



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



Cornell Cooperative Extension

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[EatSMARTnynorthcountryregion](http://EatSMARTnynorthcountryregion)

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