

NORTH COUNTRY REGION
EAT SMART NY

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



July 2018

FREE Workshops for Kids

Mexico

Mexico High School

3338 Main St.

***Summer Meal Site for Kids**

Cooking Matters

Fri, July 6 @ 11am

Fulton

Fulton Public Library

160 S 1st St,

Cooking Matters

Thurs, July 19 @ 10am

Catholic Charities—CYO

808 W. Broadway

***Summer Meal Site for Kids**

Summer Food Summer Moves

Mon, July 2,9,16,23,30 @ 1 pm

Oswego

Franklin Square Park

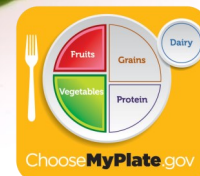
W. Cayuga & W. 5th St.

***Summer Meal Site for Kids**

Rethink Your Drink

Fri, July 27 @ 9am-3pm

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



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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