

Community Workshops

Eat Smart New York (ESNY)

- ESNY is a federally funded SNAP nutrition education and obesity prevention program. Working with community partners and agencies, our educators share the importance of good nutrition and physical activity.
- Educators deliver a variety of lessons at qualified sites including: DSS, summer meal sites, youth groups, afterschool programs, food pantries, soup kitchens, community centers, senior sites, health clinics and more.
- Interested in bringing ESNY to your site? To find out if you qualify, contact us at **1-844-3MY-ESNY** or **northcountrysnaped@cornell.edu**

*Lesson Highlights

Adults will:

- Identify new fruits and veggies.
- Discover how to enjoy fruits and veggies in all their forms.

Watertown

- Catholic Charities
MacSherry Parish Ctr.**
227 Sherman St.
Fri, July 6 @ 9:30am
- Salvation Army Soup Kitchen**
723 State St.
Fri, July 20 @ 10:30am
- Midtown Towers
Sr. Meal Site ***
142 Mechanic St.
Fri, July 13 @ 11:15am
Wed, July 25 @ 11am
*** Reservation required (315) 686-4400**
- Community Action**
518 Davidson St. # 1
Tues, July 24 @ 11am
- The Urban Mission**
247 Factory St.
Thurs, July 26 @ 2:30pm
- Skyline Apartments**
454 Mill St.
Tues, July 31 @ 3:30pm

Alexandria Bay

- Village Municipal Building
Sr. Meal Site***
110 Walton St.
Tues, July 3 @ 11am
Mon, July 31 @ 11:15am
Reservation required call (315) 686-4400

Clayton

- Paytner Sr. Center
Sr. Meal Site***
914 Strawberry Lane
Wed, July 11 @ 11:30am
*** Reservation required (315) 686-4400**

Carthage

- Long Falls Apts.
Sr. Meal Site***
222 State St.
Thurs, July 12 @ 11:30am
Thurs, July 19 @ 11am
Reservation required call (315) 686-4400

Cornell Cooperative Extension



Text EatSmartNY to 99000 *Message and data rates may apply.



Northcountryeatsmartny.org