

# Workshops for Kids

## 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, after-school 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 email us at **northcountrysnaped@cornell.edu**

## \*Lesson Highlights

**Through fun activities, kids will:**

- identify “sometimes foods” and “everyday foods”.
- Discuss ways to increase fruit & vegetable consumption.

## Harrisville

**Harrisville Free Library**

**\*Summer Meal Site**

8209 Main St.

**Thurs, July 12 & 19 @ 12:30pm**

**Tues, July 17 @ 12:30pm**

## 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)

Cornell Cooperative Extension



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



[Northcountryeatsmartny.org](http://Northcountryeatsmartny.org)

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