

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 **northcountysnaped@cornell.edu**

*Lesson Highlights

Adults will:

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

Copenhagen
 United Church
 Sr. Meal Site*
 Corner of Main & Maiden Lane
Mon, July 2 @ 11:30am
 *Reservation required call (315) 376-5313

Lyons Falls
 McManus Hotel
 Sr. Meal Site*
 4103 Center St.
Tues, July 3 @ 11:15am
 *Reservation required call (315) 348-8542
 Lyons Falls Farmers' Market
 6908 Laura St.
Tues, July 3 @ 1pm

Croghan
 Steepleview Court Apartments
 Sr. Meal Site*
 6926 George St.
Tues, July 10 @ 11:15am
 *Reservation required call (315) 376-5313

Lowville
 Maple Ridge Center
 Sr. Meal Site*
 7421 E. Rd.
Thurs, July 12 @ 11:30am
 *Reservation required call (315) 376-5313

Harrisville
 Harris Court Apartments
 Sr. Meal Site*
 14170 Church St.
Tues, July 17 @ 11:30am
 *Reservation required call (315) 376-5313



For more information about Sr. meal sites and menus visit:
www.lewiscounty.org/departments/office-for-the-aging

Cornell Cooperative Extension

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



NorthcountryeatSMARTNY.org