

Free 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.

Utica

Utica Farmers Market

Elizabeth St. Chancellor Park

Wed, July 11 @ 10am

Utica DSS

800 Park Ave.

Fri, July 13 @ 10am

Utica Food Bank

729 Broadway St.

Thurs, July 19 & 26 @ 11am

Mon, July 30 @ 11am

Your Bargain Grocer

506 Columbia St.

Wed, July 11 & 25 @ 11am

Thea Bowman Food Pantry

702 Columbia St.

Thurs, July 26 @ 1pm

Waterville

Waterville Food Pantry

145 Stafford Ave.

Mon, July 2 @ 2:30pm

Vernon

Holy Family Church

4343 Peterboro St.

Fri, July 6 @ 9:30am

Durhamville

Verona Food Pantry

6600 Germany Rd.

Tues, July 3 @ 1:30pm

Rome

MVCC Fresh Food Giveaway

101 Floyd Ave.

Fri, July 13 @ 3:30pm

Rome DSS

300 W. Dominick St.

Mon, July 2 @ 11am

Wed, July 11 @ 11am

Clark Mills

Kirkland Sr. Center

2 Mill St.

Tues, July 31 @ 12:30pm

Eat Smart NY offers fun activities for kids at many summer feeding sites. To find a summer feeding site near you:

- Text **"food"** to **877877**
- Call **1-844-3MY-ESNY**
- Use the searchable map at www.fns.usda.gov/summerfoodrocks

Cornell Cooperative Extension

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



Northcountryeatsmartny.org