

NORTH COUNTRY REGION
EAT SMART NY

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



July 2018

FREE Workshops for Kids

Watertown

*Salvation Army
723 State St.

Summer Food, Summer Moves

Mon, July 9 @ 11am

Mon, July 16 @ 11:30am

*Maywood Terrace Apartments
Grove St.

Summer Food, Summer Moves

Tues, July 10 @ 12pm

Fri, July 20 @ 11am

*Flower Memorial Library
229 Washington St.

*Annual Summer Meal Kickoff

Summer Food, Summer Moves

Wed, July 11 @ 11am

*N. Elementary School Playground
171 E. Hord St.

Summer Food, Summer Moves

Thurs, July 26 @ 12pm

Jefferson Community College
1220 Coffeen St.

Eat Healthy be Active

Fri, July 27 @ 10am

Depauville

*Depauville Free Library
32333 Country Rt. 179

Summer Food, Summer Moves

Fri, July 6 @ 12pm

Carthage

*Franklin St. Park
20 Franklin St.

Summer Food, Summer Moves

Thurs, July 12 @ 12:30pm

Philadelphia

*United Community Center
55 Main St.

Summer Food, Summer Moves

Mon, July 16 @ 11:30am

Sackets Harbor

*Sackets Harbor School
215 S. Broad St.

Summer Food, Summer Moves

Wed, July 18 @ 2pm

Cape Vincent

*Cape Vincent Community Library
157 N. Real St.

Summer Food, Summer Moves

Fri, July 20 @ 12pm

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

The most up-to-date information on classes, store tours & more at northcountryeatsmartny.org



Cornell Cooperative Extension

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