



NORTH COUNTRY REGION

EAT SMART NEW YORK

HEALTHY HOME COOKING CLASS

- Want to fill your plate with delicious foods without breaking the bank?
- Join Eat Smart NY for a 30 minute cooking demonstration featuring simple low cost items.
- Our featured recipe for May is **Fresh Corn Salsa**
- Receive a **FREE** cooking utensil after the demonstration.
- For more information visit our website or call (315) 788-8450



Date: May 25
Time: 2:30 pm
Location: Urban Mission
247 Factory Street
Watertown NY, 13601



USDA is an equal opportunity provider and employer. This material was funded by the USDA's Supplemental Nutrition Assistance Program—SNAP. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out how to check your eligibility for a range of benefits and apply for SNAP, go to myBenefits.ny.gov or call 1-800-342-3009 for more information.



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