





COOKING WITH \$ENSE

Looking for recipes that make the most out of your Food \$en\$e package?
Join Colton for **free virtual cooking classes!**

Classes are open to everyone and will feature tips on how to...

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- Prepare quick, healthy meals
 - Save time in the kitchen
 - Stretch your food dollars
 - Cook as a family
- 

Choose one or several workshop dates below

Monday, February 28th

Monday, March 28th

Monday, May 2nd

Monday, May 30th



4:00 - 5:00 PM

Zoom

Register at

<https://bit.ly/FoodSenseZoom>



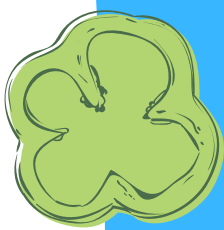
Questions? Contact Colton McCracken at
cm785@cornell.edu or 315-788-8450 ext. 270

For more information about Food \$en\$e visit
foodbankcny.org/our-programs/food-sense-program/

Cornell Cooperative Extension
Jefferson County



SNAP-Ed
New York
SAVE TIME. SAVE MONEY. EAT HEALTHY.



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What is Food \$en\$e?

This food buying co-op provides a monthly box of staple grocery items at a discounted price.

There are no income requirements!

Connect with a host site for details on this month's food package. Pre-pay for orders with cash or EBT.

Jefferson County



Rohde Community Center

2 East Church Road, Adams, NY 13605

Phone: (315) 232-2621

Website: adamsfoodsense.com

Lewis County

Lowville Food Pantry

5502 Trinity Avenue, Lowville, NY 13367

Phone: (315) 376-7431

Website: lowvillefoodpantry.org/home.aspx

St. Lawrence County



Parishville Food Pantry

1772 State Highway 72 Parishville, NY 13672

Phone: (315) 244-0069

Website: slccdp.org/neighborhood-centers/

Potsdam Neighborhood Center

2 Park Street, Potsdam, NY 13676

Phone: (315) 265-3920

Website: slccdp.org/neighborhood-centers/

