October 2014
Calendar of Events

Please Note: Dates are subject to change. Call 607-865-6531 to confirm event date.

More nutrition education events may be scheduled during the month – for an updated list check out the CCE website Eat Smart New York blog and Facebook page – www.ccedelaware.org.

OPEN EVENTS – Open Events do NOT require pre-registration.

CLOSED EVENTS – Closed Events do require pre-registration. Contact us at 607-865-6531 to pre-register for CLOSED events. Some closed events also require that the participant is part of an established group.

Eating Right is Basic Series (nutrition education for adults) (closed)
Delhi – October 1, Delhi Head Start, 8:30-9:30 am
Franklin – October 2, Franklin Head Start, 9:00-10:00 am
Sidney – October 3, 10, 17, 24, 31; November 1, Bassett Healthcare, 9:00-10:00 am

Learn about USDA MyPlate Messages all around Delaware County! Topics include:

- Increase Fruits & Vegetables
- Decrease Sugary Beverages
- Be Active
- Increase Whole Grains
- Use Low-Fat Dairy

MyPlate Messages (open)
Walton – October 15, Walton Farmers' Market, 10 am-2 pm

To attend a program or to arrange for an event with your organization contact us at 607-865-6531

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