

WHAT THE HEALTH!?



TIOGA COUNTY CHILD SAFETY SEAT CHECK EVENT!

Thursday, May 19, 2022
3:00pm - 6:00pm

Visions Federal Credit Union
8836 State Route 434, Apalachin, NY 13732

Have your child's seat checked for correct installation and fit for your child by a CPS Technician.

Replacement seats available for qualifying individuals!



Public Health
Prevent. Promote. Protect.
Tioga County

VISIONS
FEDERAL CREDIT UNION



Plan for the week ahead

Buy what you need



Store your food properly so it lasts longer

Dates should be noted so foods are used up before they expire



Cook only what you can eat

Save what you don't eat and heat it up for another meal

Compost or recycle unused or expired food

