

September 2016

Hunter Park GardenHouse open Mon - Sat 10 - Noon

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		BreadBasket 1-5:00 pm Market Walk@ Hunter Park	Senior Coffee 10am Allen Farmers Market 3 - 6:30 pm	1 Market Walk@ Hunter Park 5—7 pm	2	3 Tai Chi @ Hunter Park 9-9:50am Market Moves, 8:45 Happendace
4	5 LABOR DAY OFFICE CLOSED	6 BreadBasket 1-5:00 pm	7 Senior Coffee 10am Allen Farmers Market 3 - 6:30 pm	8 Market Moves, 5:45, Happendance	9	10 Tai Chi @ Hunter Park 9-9:50am Market Moves, 8:45 Happendance
11	12 Market Moves, 5:45, Happendance	13 BreadBasket 1-5:00 pm	14 Senior Coffee 10am Allen Farmers Market 2:30 - 7 pm	15 Market Moves, 5:45, Happendance	16	17 Tai Chi @ Hunter Park 9-9:50am Market Moves, 8:45 Happendance Home Improvement Café', AMP 10 - Noon
18	19 Market Moves, 5:45, Happendance	20 BreadBasket 1-5:00 pm	21 Senior Coffee 10am Allen Farmers Market 2:30 - 7 pm	22 Market Moves, 5:45, Happendance	23	24 Tai Chi @ Hunter Park 9-9:50am Market Moves, 8:45 Happendance
25	26 Market Moves, 5:45, Happendance ANC Board Meeting 6:00 pm	27 BreadBasket 1-5:00 pm	28 Senior Coffee 10am Allen Farmers Market 2:30 - 7 pm	29 Market Moves, 5:45, Happendance	30 Big Fuss Abut Food Farm to Table Dinner	

October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Tai Chi @ AMP 9-9:50am Market Moves, 8:45 Happendance
2	3 Market Moves, 5:45, Happendance	4 BreadBasket 1-5:00 pm	5 Senior Coffee 10am Allen Farmers Market 2:30 - 7 pm	6 Market Moves, 5:45, Happendance	7	8 Tai Chi @ AMP 9-9:50am Market Moves, 8:45 Happendance
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30	31 Market Moves, 5:45, Happendance					

November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 BreadBasket 1-5:00 pm	2 Senior Coffee 10am Allen Farmers Market 3 - 6:30 pm	3 Market Moves, 5:45, Happendance	4	5 Tai Chi @ AMP 9-9:50am Market Moves, 8:45 Happendance
6	7 Market Moves, 5:45, Happendance	8 BreadBasket 1-5:00 pm	9 Senior Coffee 10am Allen Farmers Market 3 - 6:30 pm	10 Market Moves, 5:45, Happendance	11	12 Tai Chi @ AMP 9-9:50am Market Moves, 8:45 Happendance
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20	21 Market Moves, 5:45, Happendance	22 BreadBasket 1-5:00 pm	23 Senior Coffee 10am Allen Farmers Market 3 - 6:30 pm	24 Happy Thanksgiving! Office closed	25 Office closed	26 Tai Chi @ AMP 9-9:50am Market Moves, 8:45 Happendance
27 31	28 ANC Board Meeting 6:00 pm, Market Moves, 5:45, Happendance	29 BreadBasket 1-5:00 pm	30 Senior Coffee 10am Allen Farmers Market 3 - 6:30 pm			

The Eastside Neighbor  
A publication of Allen Neighborhood Center

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www.allenneighborhoodcenter.org

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Sept 2016— Nov 2016

Inside this Issue

**Allen Farmers Market** (page 3) is out-doors from 2:30–7:00 pm until Oct. 19, when we come indoors. Remember that the Market continues through-out the winter until we move back outside next May.

**Hunter Park GardenHouse Youth Programs** (page 4) are shifting to winter hours.

Learn about the **Veggie Box Program** (page 5) and how you can receive a box of locally sourced vegetables and fruits (with add-ons such as bread, meats, coffee) for 8 weeks this fall.

**Market Walk** becomes **Market Moves**, beginning in September, when we move out of Hunter Park and into Happendance Studio, adjacent to our Center. Your exercise (e.g., pilates, yoga) can be rewarded with Farmers Market tokens all year! (Details on page 6.)

**Health Coverage** (page 6): Keep in mind that ANC is an enrollment site for **Ingham Health Plan, ACA (Obama-care)**, **IHP Dental and Medicaid**.

**Keys to Creativity** has placed paint-ings and photographs by mid-Michigan artists throughout ANC. Check this out and celebrate the art-ful expression of our neighbors!

**Upcoming Events** on page 7, focuses on interesting events, concerts and more!

**Featured Volunteer:** Al Jackson, page 6. Everything we do depends for its success on our big-hearted, hard-working volunteers. Thank you!

**Event Space:** Planning a holiday party? Birthday? Special Event? Consider renting space in our Allen Market Place facility! We offer affordable rates with discounts for neighbor-hood organizations and non-profits! See page 5 for the scoop on renting the great room, kitchen, or confer-ence/classroom.

Big Fuss About Food  
Farm to Table Dinner  
Friday, September 30, 5:30 pm

Join us **Friday, September 30<sup>th</sup> at 5:30pm** at Allen Neighborhood Center to celebrate our 5th An-nual **Big Fuss About Food Fund-raiser**. New this year, our 2016 event will be a very special **Farm to Table Dinner**, consisting of a six-course feast prepared by lo-cal chef Jackie Cosner. This amazing six course meal will fea-ture produce and products from our local farmers.

The Menu

**Oaxacan Green Corn  
Pupusa Dressed with Root  
Vegetable Curtido**

**Chard Vegetable Salad  
and Green Mole**

**Ajo Blanco**

**Sweet And Sour Pumpkin  
with Guajillo Tostones**

**Honey Hibiscus Lamb or  
Seared Quinoa Spelt Cake  
with Amaranth and Coriander  
Squash**

**Ginger Biscotti with  
Stone Fruit Sorbet**

Reservations are required by September 20. For information about tickets, table sponsorships and purchas-ing an ad in our program, contact Joan at: joann@allenneighborhoodcenter.org or 517-999-3912.

Active Neighboring Café  
Home Improvement &  
Lead Safe Lansing Grants  
Sat., Sept. 17 10 - Noon  
Allen Neighborhood Center

On September 17, you can learn about two generous home improve-ment programs offered to Lansing residents by the City:

1) You may qualify for a grant of up to \$10,000! The **Single Family Hous-ing Rehabilitation Grant & Loan Program** uses funding made availa-ble by the Department of Housing and Urban Development to provide a combination of grants (up to \$10,000 which you do not pay back) and 0% interest loans (up to \$30,000) for City residents to improve their homes . Funds can be used for health and safety improvements,, including roofs, siding, etc.. Weatherization and energy efficiency improvements are also possible after safety issues are completed.

2) The Flint crisis has raised aware-ness about the effects of lead. Lead exposure is a health threat to small children and unborn babies. The most common source of lead expo-sure is lead paint and lead dust in homes. **Lansing’s Lead Safe Lansing Program** wants to help you protect your children from the effects of lead. The LSL Program offers up to \$8,000 in grant funds to remediate lead-based paint from your home or apartment. Additional funds are available if needed to complete the remediation. If you live in a home or an apartment that was built prior to 1978, have a child under age 6 or are pregnant, you may qualify for the program. Attend on Sept. 10 to talk with City representatives. Call Den-ise at 999-3924 for details!





## Allen Neighborhood Center News

### ANC's Regular Programs

#### Outreach Services:

Monday-Friday  
9 am-12pm: By appointment.  
12-5:00pm: Walk-In Services on M,T,Th,F; 12-6:00pm on Wednesdays.

#### Allen Farmers Market:

Every Wednesday  
Outdoors through October 12,  
2:30-7:00pm  
Indoors beginning October 19,  
3:00 - 6:30 pm

#### Breadbasket:

Tuesdays: 1-5:00pm

#### Senior Discovery Group:

Wednesdays: 10am- 12pm

#### Hunter Park GardenHouse:

Fall Open Hours:  
Mon-Fri: 10am-12pm  
Sat: 10am-12pm

#### Take Root Garden Club:

(ages 5-10)  
After School: Tues. & Thurs.  
4:30-5:30pm at Foster Community Center. *Advance registration required.*

#### Youth Service Corps:

(ages 11-17)  
After School: Mon & Wed 3:45-5:45pm  
Applications available online, at ANC & GardenHouse.

#### Tai Chi in Hunter Park:

Saturday, 9-9:50am

#### Market Walk:

Tuesday & Thursday: 5-7pm  
Saturday: 9-11am  
Market Moves starts in September at Happendance. See page 6 for details!

### Good-bye and Hello

Good bye and thank you to our summer interns: Jakarta Nobles, Trevor Walker, Mike Hawkins, Kam Crawford, Robyn Lowes, Rachel Scott, Duncan Radandt, Julia Greenberg, Emma Fedorchuk, Kaylin Russell, Kaitlin Hurley, Kevin Kortas, Brooke Bubolz, Audra DiGangi.

Hello to Nat Hooper, Sierra Baker, Marta Werbanowska, Kayla Finertie, and Abigail Grill.

We say good-bye and heartfelt thanks to our 3 AmeriCorps members at the end of September. These three individuals have had a huge impact on our organization and in their community projects:



Alex Bissell served as our Gardening Educator. He organized our gardening workshop series, worked with Youth Service Corps members in their food access projects, and trained and worked alongside Hunter Park GardenHouse volunteers and interns in all of our growing activities.

Eric Jurkovich has been our Good Food Access member. Eric

worked with the BreadBasket and Farmers Markets programs., and was the person behind the delicious snacks distributed at our Market.

Kat Logan has been our Food and Fitness Volunteer Coordinator for the last two years. Kat has had a huge impact on ANC's volunteer recruitment and retention program, social media efforts and Market Walk/Moves program. Thanks for your excellent work!

### Thank You!

Our Hunter Park GardenHouse supporters: **Garden Club of Greater Lansing, City of Lansing Parks & Recreation, Ingham County Land Bank, Michigan League for Public Policy, Blue Cross Blue Shield, MSU Office of Retirement Services, MSU FAMILY, and MSU College of Law.**

Thank you for your Generous Support through United Way: **Allisande Henry, Emily Wahl, Frances Krempasky, Viki Lorraine, Richard Javier, Leonard Wilson, Sharon Taylor, Thomas Wright, Cheryllee Finney, Linda Hunt, Phillippe Laurens, Matthew McKune, Hiram Fitzgerald, Carol Noud, and Pamela Weil.**

For monthly support, our heartfelt thanks to **Dick Baker and Allison McFarland.**

For donation of lots of wonderful linens, dishes, and more: **Nahnie Barberio of Old Town Pilates.**

## Across the Neighborhood

### Neighborhood Meetings

**ABC:** The Association for the Bingham Community (ABC) will be meeting on Monday, November 7, 2016 at 5:30 pm in Pilgrim Church. We will be talking about what we would like to do in the neighborhood in 2017. Check out our Facebook page ABC Neighborhood. If you have any questions please contact Denise Kelley at: [517-484-9109](tel:517-484-9109) or [abcneighborhood@sbcglobal.net](mailto:abcneighborhood@sbcglobal.net)

**ANC Board of Directors:** Meets the fourth Monday of the month at 6:00 pm at Allen Neighborhood Center.

**Eastfield Neighborhood Association** (north of Michigan Ave. between Holmes and Marshall Streets) will meet Sept 8, Oct 13, Dec 8. For more information, please contact neighborhood president Lisa Stelzner at [eastfield.neighbor@gmail.com](mailto:eastfield.neighbor@gmail.com) or at (831) 419-4829 to

**Eastside Neighborhood Org. (ENO):** The Eastside Neighborhood Organization (ENO) will be meeting on the first Wednesday of each month at 7pm at Foster Community Center in room 210. Check our Facebook page Eastside Neighborhood Organization for more details. If you have any questions please contact Nancy Mahlow 517-372-3249 [nmahlow2012@gmail.com](mailto:nmahlow2012@gmail.com)

#### ENO Candidates Night

On Wednesday, October 5, ENO will be hosting our annual Candidates Night. It is at 6pm at Foster Community Center in room 213. The evening will start with a meet and greet session at 6:00pm. The Question and Answer Sessions will begin at 6:30pm. We will be inviting the candidates running for the following offices to participate in the Q&A sessions: Ingham County Sheriff, Ingham County Prosecutor, Ingham County Commissioners Districts

#2,4,5, and 10, Ingham County Drain Commissioner, and Lansing School Board.\* (\*this is subject to change depending on availability) If you have any questions please contact Denise Kelley, event chair, at [abcneighborhood@sbcglobal.net](mailto:abcneighborhood@sbcglobal.net) or [517-484-9109](tel:517-484-9109)

#### Frog Holler Neighborhood Watch:

Contact slovinss@gmail.com for more information.

#### Holmes St. School Community:

Holmes Street School Community meets quarterly. The next meeting is on Sept 8. Upcoming meetings are Dec 8 and March 9 at 6:30 pm at the Allen Neighborhood Center. Follow and Like us at [www.facebook.com/HolmesStreetSchoolCommunity](http://www.facebook.com/HolmesStreetSchoolCommunity)

**Hunter Park East:** For neighborhood information:

[hunterparkeast.tumblr.com](http://hunterparkeast.tumblr.com).

Contact: [hunterparkeast@gmail.com](mailto:hunterparkeast@gmail.com)

**Northtown:** Meetings are held the last Tuesday of the month at the Grand River Head Start (1107 E Grand River Ave) at 6:30 pm.

**PLACE:** PLACE (Prospect, Lathrop, Allen, Clifford, Eureka) Neighborhood Group Potluck Meetings, 2nd Monday of the month. Meetings start at 6:30 pm at ANC, 1611 E Kalamazoo St, Lansing. Find us online: [www.placemi.nextdoor.com](http://www.placemi.nextdoor.com)

Contact:

Katie [katelynnwatkins@gmail.com](mailto:katelynnwatkins@gmail.com) or Jesse [jessetkasper@gmail.com](mailto:jessetkasper@gmail.com) to get email updates.

**Potter - Walsh Nb. Assn:** Meets at Faith Fellowship Baptist Church, 1001 Dakin Street at 6:20 pm. Please contact Deb Biehler at 485-9692 for more info.

**Prospect Protectors** Please contact Corie at [wahlcori@gmail.com](mailto:wahlcori@gmail.com) for more info.

### Upcoming Events

Join Council Member **Jody Washington** at her monthly First Contact meetings. They are held at the BWL Depot on S. Washington from 10:30 - Noon. Upcoming meetings: October 1 and November 5. There will not be a meeting in September due to the Labor Day holiday.

**2016 Creative Placemaking Summit** will be held on October 6.

The 2016 Summit includes breakout sessions, panel discussions and two visionary keynote addresses on the latest trends, research and best practices of placemaking. For more information: [www.lansingplacemakers.org/creative-placemaking-summit-2.html](http://www.lansingplacemakers.org/creative-placemaking-summit-2.html)

#### Ten Pound Fiddle Concert

Do you enjoy Irish music? Join the Ten Pound Fiddle at the AMP for an evening of music from **Andy Irvine**, lead singer from the infamous Irish band, Planxty, among many other configurations. Mark your calendars for September 16 at 8 pm.

#### Urbandale Farms Tomato Festival

Urbandale Farm is hosting its annual **Tomato Festival** on Saturday, September 10<sup>th</sup> from 10:00 am - 2:00 pm. There will be tomato tasting, tomato games, tomato facts, tomato art, fried green tomatoes and, of course, lots of red and green tomatoes for sale. Everyone is welcome to come and join the fun. The farm is located at 701 S. Hayford, Lansing. For more information visit us at <https://www.facebook.com/urbandalefarm/>, or phone us at [517-999-3916](tel:517-999-3916), or email us





## Outreach & Engagement

### Senior Discovery Group

*Join us every Wednesday, 10 am – Noon for pretty good coffee and great conversation.*

Each weekly gathering (open to all ages!) features a guest speaker. Check out the range of lively topics:

For more information:

[www.allenneighborhoodcenter.org](http://www.allenneighborhoodcenter.org)

**Sept 7** - International Speaker

**Sept 14** - Bruce Witwer, Tuesday Toolmen

**Sept 21** - Tasha Mills, YMCA, Senior Fitness

**Sept 28** - Cassy Puskala, Cancer Awareness

**Oct 5** - International Speaker

**Oct 12** - Dr. Chambers, MSU

**Oct 19** - Tri-County Office on Aging

**Oct 26** - Marianne Samper, AARP, budgeting, Social Security and Medicaid updates

**Nov 2** - International Speaker

**Nov 9** - Joan Nelson on Micronesia

**Nov 16** - Tri-County Office on Aging

**Nov 23** - NO MEETING

**Nov 30** - Ingham County Register of Deeds

### Call For Volunteers and Interns!

We are looking for volunteers and interns to join our team! ANC offers an outstanding opportunity for folks to increase their knowledge of community resources, be involved in social justice issues, and hone their communication skills with a richly diverse population. If you are interested in learning more, please contact our Volunteer Coordinator, Kat Logan at: [volunteer@allenneighborhoodcenter.org](mailto:volunteer@allenneighborhoodcenter.org) or call 517-999-3919.

### Market Moves



#### Let's Get Moving!

Market Moves returns this fall under the direction of Happendance. Eastsiders may enroll in the following classes offered at Happendance Exchange Lansing, adjacent to the ANC office. Drop-in to classes anytime after September 6 to enroll in the Market Moves program. Questions? [HeatherVS@happendance.org](mailto:HeatherVS@happendance.org) or (517) 333-3528.

Market Walk and Market Moves are generously supported by Blue Cross Blue Shield, and the Michigan Health Endowment Fund. Blue Cross Complete offers extra incentives for their members. Thank you for your support!

#### Pilates/Creative Self-Care

Monday 5:45-6:45 pm

Develop movement function before you work toward fitness goals. Great class for stress relief!

#### Pilates

Thursday 5:45-6:45

Build coordination, strength, and flexibility leading to overall improved physical health.

#### Yoga

Saturday 8:45-9:45

Enjoy Lacey's thoughtful and informative yoga class.



### BreadBasket Pantry

Did you know that on Tuesdays, from 1 - 5 pm, Allen Neighborhood Center has a food pantry for Eastsiders? There are no restrictions or qualifications for participation. Stop by to get bread, sweets and produce!

### Health Services at ANC

*Health coverage, and Smoking Cessation*

Allen Neighborhood Center can help you enroll in Ingham Health Plan, Ingham Health Dental, Medicaid, and Affordable Care Act (Obama-care). Open enrollment for ACA is Nov 1, 2016–Jan 31, 2017. However, if you meet specific criteria you may qualify for a special ACA enrollment period.

If you are trying to quit smoking, we have resources that we can share with you – stop into the outreach office.

### Volunteer Spotlight:

#### Al Jackson



Al brings a smile with him every time he volunteers with BreadBasket Pantry, and is sure to spread his contagious good cheer. His generous heart and amazing sense of humor has become a crucial asset to ANC; Al is the definition of 'community'.

Thanks, Al—we couldn't do it without you!

**Good health is contagious; catch some on the Eastside!**

## Allen Farmers Market

Every Wednesday, 2:30-7:00pm

### Allen Farmers Market

Every Wednesday, 2:30-7:00pm  
Corner of Allen & E. Kalamazoo

The market continues its outdoor season through October 12, offering the best local vegetables, fruits, baked goods, cheeses, meats, and more!

Each week of the outdoor season we have a live musical performance at 5:30, thanks to our generous **Music Sponsor: LAFCU**. Enjoy our familiar

local acts and perhaps discover a new favorite!



In addition to musicians, we have featured guests and fun events at every market. Learn what services the Lansing community has to offer your family from guests like Woldumar Nature Center, Capital Area Housing Partnership, Compost Katie, and many more.

Remember to visit our **Market Bank** to use your credit/debit card or SNAP/EBT card (plus Double Up Food Bucks!). Many of our vendors also accept other food assistance vouchers, including WIC, Project FRESH, and Hoophouses for Health.



### Interested in volunteering at the market?

Join our team of fun and dedicated workers! We can use help with Yard Sign Corps, set up, greeting shoppers, and tear down. To learn more, contact our Volunteer Coordinator at 517-999-3919 or

[volunteer@allenneighborhoodcenter.org](mailto:volunteer@allenneighborhoodcenter.org)



Celebrate the season's bounty at our two big fall festivals: Apple Fest on 9/21 and Harvest Fest on 10/12, sponsored by **Blue Cross Complete**.

### Don't forget about the market in October!

Indoor season begins October 19 and runs through May 10, 2017. Although it features a condensed lineup of vendors, they will be offering a selection of produce all throughout the winter, along with the highest quality baked goods, hot coffee, meat, cheese, and hot dinner options.



### Market Recipe: Leaf Finger Salad

Makes 2 servings

4 large lettuce leaves  
1 sliced cucumber  
1 shredded beet  
1 shredded carrot  
6 teaspoons sunflower seeds  
2 teaspoons olive oil  
2 teaspoons balsamic vinegar

1. Lay lettuce leaves on a flat surface.
2. Top each leaf with cucumbers, carrots, beets, and sunflower seeds.
3. Drizzle each leaf with olive oil and balsamic vinegar.
4. Roll ingredients into the leaves and serve.

(from [www.usda.gov/whatscooking](http://www.usda.gov/whatscooking))



**When they come home hungry, have fruits and veggies ready to eat.**



# Hunter Park GardenHouse

A hub for year round farm & garden education.

## Youth Service Corps School Year Registration

Allen Neighborhood Center's job training program for 11-17 year olds is now accepting applications for fall members. Youth Service Corps (YSC) is a free after school program that places youth in experiential learning opportunities that allow them to hone their skills in gardening, cooking, customer service, business and more.

Fall activities of YSC include harvesting from fruit trees, end of season work in the Edible Park garden of Hunter Park, doing Rake n' Runs, and cooking in Allen Market Place's commercial kitchen.

Program sessions are weekly on Monday and Wednesday afternoons from 3:45-5:45pm.

To join, a registration form must be filled out and turned in. You can find registration forms in the Allen Neighborhood Center Outreach office, at the Hunter Park GardenHouse, or at this link:

<http://goo.gl/SzvCmz>

For more info, contact Youth Programs Coordinator at 517-999-3918 or send an email to [youthprograms@allenneighborhoodcenter.org](mailto:youthprograms@allenneighborhoodcenter.org)



## Fruit Tree Project

Are you an Eastside neighbor with a fruit tree in need of harvesting? You can register your tree with Youth Service Corps' Fruit Tree Project! Our YSC members can harvest from your tree for you and distribute the produce between you, their cooking projects and Allen Neighborhood Center's food pantry, Bread Basket. If you have questions about the project, or have a tree to tell us about, call 517-999-3913 or email:

[gardeningeducator@allenneighborhoodcenter.org](mailto:gardeningeducator@allenneighborhoodcenter.org)



## Edible Park

YSC members take care of the gardens that are outside the fence in Hunter Park. This area is planted with fruit trees, herbs, and berries that are free for neighbors to help themselves. Stop by this lovely garden area for a taste of their hard work!

For regular gardening tips, pictures, and event updates, follow us on Facebook:

[www.facebook.com/HunterParkGardenHouse](http://www.facebook.com/HunterParkGardenHouse)



## Volunteer at the GardenHouse!

We're always in need of extra help at the Hunter Park GardenHouse. We grow year-round and feed 20-45 families every week, (depending on the season) from the produce that we grow inside the fenced areas and inside the greenhouse. Our small urban farm relies on the help of hard working volunteers like you!

Volunteering with us is fun, educational, and you get to meet new people at your weekly GardenHouse shift.

Our volunteer shifts in the fall - winter- spring are: Monday-Saturday 10am-12pm

To volunteer with us, contact our Volunteer Coordinator at 517-999-3919 or [volunteer@allenneighborhoodcenter.org](mailto:volunteer@allenneighborhoodcenter.org)

**They learn from watching you. Eat fruits and veggies and your kids will too.**

# Allen Market Place

Buy Local. Eat Well.



## Fall Veggie Box

Now Enrolling!

Each week you can receive a box of locally sourced vegetables and fruits, with optional add-ons items of bread, eggs, meat, coffee, fruit pies, cheese, and more! Produce is sourced from mid-Michigan farmers and food producers! Worksites can join the Veggie Box program if at least 5 employees participate, in which case, the boxes are delivered to the worksite on Thursdays between 3-5pm via Go Green Trikes. Individuals can also subscribe and pick-up their box at the Allen Market Place on Thursdays. We accept lump sum & weekly SNAP payments. Enroll by October 13 for the eight week Fall session.

Read more at:

[www.allenmarketplace.org/veggiebox](http://www.allenmarketplace.org/veggiebox)



**Cook together. Eat together. Talk together. Make mealtime a family time.**

## Exchange

Allen Market Place Exchange (our online local wholesale market) has a wide variety of locally grown & produced seasonal food items such as fresh veggies, fruits, meats, baked goods, eggs, maple syrup, coffee, etc., available at wholesale prices.

The Exchange is a one stop shop for purchasing great local products for your business.

We offer 2 order days:

- Order online on Monday by 8pm for Thursday pick-up or delivery.
- Order online on Friday by 8pm for Tuesday pick-up or delivery.

## Now with Free Delivery!

We offer free delivery for buyers within 20 miles of the AMP on purchases of \$200 or more. Use the code **FREEDELIVERY** when placing your order. For more info, contact John: 517-999-3923, or at [exchange@allenneighborhoodcenter.org](mailto:exchange@allenneighborhoodcenter.org)

**Order through the Exchange to support local famers.**

[www.allenmarketplace.org/exchange](http://www.allenmarketplace.org/exchange)



## Rentals

For full rental details & fees, visit: [www.allenmarketplace.org/rentals](http://www.allenmarketplace.org/rentals)

## Commercial Kitchens

*Licensed kitchens for multi-use.* Fully equipped commercial kitchens (wash-pack kitchen & cooking kitchen) to create food products or utilize for special events. Long & short term use available.

## Great Room

*The place for fundraisers, parties or special events.*

Our 1500 sq. ft room can host up to 200 people for a stand-up mix & mingle event, or up to 100 for a formal seating event. Tables, chairs, linens, place settings, digital projector / screen, sound equipment are also available.

## Classroom

*A great space for meetings.* Equipped with conference table, wi-fi, SmartTV, & dry erase board, excellent space for meetings and breakout sessions for 10-15 people.

## Storage

*For your food storage items.* Dry storage available by the shelf, pallet, or cabinet. Cold storage available in our large reach-in cooler, freezer, and walk-in cooler.



Follow us on Facebook:  
[www.facebook.com/AllenMarketPlace](http://www.facebook.com/AllenMarketPlace)