

THE EASTSIDE NEIGHBOR

A periodic newsletter by Allen Neighborhood Center
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Hello! We hope that your 2023 is off to a good start. We're busier than ever, planning tons of opportunities for all our neighbors to learn, engage, and build community together. Whether it's learning how to make **Peruvian Pollo Saltado** with José from Tantay, buying your eggs from Jane at the **Allen Farmers Market**, sorting echinacea seeds from the **GardenHouse**, coloring a picture of arugula with the kids at **Take Root Garden Club**, picking up your spring **Veggie Box**, or discussing the contrasting characters in Colson Whitehead's *The Nickel Boys* at **Hot Topics Book Club**, we have something for everyone!

We're excited to introduce you to two new staff members: Food Hub Assistant Manager Faith Saeerah, and Finance & Business Manager Dane Dario.



Faith Saeerah is an Eastside resident and PhD student in Sociology at MSU studying the intersection between alternative food networks and emergency food providers. She previously worked as the food service coordinator for a transitional living facility in Appalachia and has worked at farmer's markets, community gardens, food councils, and university food and sustainability initiatives.

Originally from the U.P., **Dane Dario** moved to East Lansing to attend MSU from 2008-2013. Dane comes to ANC with experience in politics, retail management, and personal finance. "My personal goal is to focus on the constant improvement of ANC's operational efficiency, so that we can continue to be the best place for Eastside neighbors to find the resources they need."

Allen Place is quickly becoming the bustling neighborhood hub we've always hoped it would be.

The **Eastside Lansing Food Co-op** is now offering a convenient and affordable selection of fresh produce, package goods, frozen food, and bulk items as "your neighborhood grocery store" seven days a week. Everyone is welcome to shop at ELFCO - no membership required. Check out ELFCO.org or call (517) 999-2222 for more info!

The **Allen Community Health Center** is open Monday - Friday, 8am - 5pm. As a Federally Qualified Health Center they provide medical services to *everyone*, regardless of insurance or ability to pay. Walk-in patients will be assisted as staff availability allows, but appointments are recommended. Schedule by calling (517) 679-2880

Join the ANC Family - Sign Up to Volunteer!

We're always in need of more neighbors who are willing to consistently dedicate their time to support our programming! We currently have weekly shift openings Monday through Friday in a variety of roles.

To sign up, text the word "volunteer" to (517) 300-8848



ALLEN FARMERS MARKET

The **Allen Farmers Market** is Lansing's *only* year-round farmers market offering over thirteen diverse food vendors every week. Pick from the highest quality, locally-sourced meat, cheeses, breads, eggs, coffee, and more from 3 – 6:30pm every Wednesday.

Buying your weekly groceries from farmers markets strengthens your local food system by providing direct support to local growers, producers, bakers, chefs, makers, brewers, and roaster while ensuring that you're getting the freshest food available.

While you're here, check out the chefs in the **Rathbun Accelerator Kitchen** and **Maker Kitchen powered by Lake Trust** and choose from Teff-rific's Ethiopian & Eritrean food, Gogi 2's Korean Stir fry, Tantay Peruvian food, and Picnic Food Truck's variety of vegan, vegetarian and traditional sandwiches and burgers.

Want a break from the buzzing market? Reserve your own private room for a party or meeting. See Jenny's contact info below to learn how you can rent our small multi-purpose room for free.

With the newly-opened Eastside Lansing Food Co-op (ELFCO) right in the same building, you can cross off your whole shopping list and pick up frozen foods, dry goods, bulk items, and paper products all in one stop.

Allen Farmers Market is located inside the Greatroom at Allen Place during the winter season – 1629 E Kalamazoo St. Park in our convenient on-site lot, and enter through the red double doors. We accept a variety of payment options including SNAP, EBT, Double Up Food Bucks, Senior and WIC Project FRESH, credit cards, and debit cards.

For more information call Jenny Wagemann at (517) 999-3911

Hunter Park GardenHouse

Hunter Park GardenHouse Workshops

Check out our 2023 Garden Workshop series! All workshops fees are on a sliding scale of \$20/\$10/\$0. Pay what you can afford! Workshops will be held 10am – 12pm at the Hunter Park Pavilion. To view our full schedule and register, visit bit.ly/gardenhouse-events or contact Kelsi Briana Smith at 517-999-3913.

- January 21st **Beekeeping Basics** w/Michael Nichols
- February 4th **Transplant Propagation** w/ Tom Martin
- February 18th **Vermicomposting** w/Hillary Coleman
- March 4th **Gardening 101** w/ Allan Whitley
- March 18th **Backyard Tea Making** w/Kelsi Briana Smith
- April 1st **Plant Medicine** w/ Aliza Ghaffari
- April 15th **Urban Chicken Care** w/Bob Peña
- May 13th **Garden Design with Native Plants** w/ Ben Crocker
- May 20th **Composting Basics** w/Mike Dombrowski

Community Events:

Earth Day Community Service Project Sat, April 22, 10am-12pm
Join the Hunter Park GardenHouse for an open volunteer event focusing on our Native Wildflower Gardens & Free Native Seed Library projects. All are welcome!

Hunter Park GardenHouse Spring Openhouse Sat, April 22, 2-5pm
Visit the Hunter Park Gardenhouse for a family-friendly openhouse. Kids activities, tours, program information, and more!

Global Youth Service Day Family Volunteer Event Sat, April 29th 10am-12pm
Join us at the Hunter Park GardenHouse for a youth & family focused volunteer day preparing our free community garden, Edible Park, for spring planting. All ages welcome!

Visit The Free Native Seed Library!

Located at approx. 426 Clifford St, our "little free library" structure is full of native seeds collected, sorted, and packaged for neighbors by the GardenHouse team. We also have some seed starting supplies and resources on successfully starting native plants from seed. Let's naturalize Lansing, together!

Volunteer at the GardenHouse

We need your help! Please consider joining our team and becoming a GardenHouse volunteer! Volunteers help us tend our farm and community garden. To sign up text "volunteer" to (517) 300-8848.

Our reduced **Winter hours** are **Wed 9:30a-12:30p & Thurs 5-7:30p**

Spring Hours resume Monday, Feb 27:
Mon: 9:30a-12p Wed: 9:30a-12p Thurs: 5p-7:30p Fri: 9:30a-12p





Veggie Box

Sign up for a subscription to local food!

Allen Neighborhood Center's Veggie Box is a multi-farm CSA (community supported agriculture) program that unites dozens of growers to feed a common community – all of you! It's a subscription of local food that highlights crop diversity, minimized risks and burden, and a more cooperative feel. In addition to fresh, local produce, we also offer optional add-on items of other locally produced foods to further increase the diversity of items in your box. Veggie Box allows you to support dozens of local businesses all through one convenient program, lessens the distance your food has to travel to get to your table (in turn, lessening chance of contamination and reducing pollution), and creates opportunities for access to the good jobs and healthy foods our community needs.

A membership is \$336 for a 14-week season with add-on items available at an additional cost. We offer multiple payment options, including weekly SNAP payments. If you're experiencing hardship and need financial support to participate, please reach out to our Food Hub Manager, Kat Logan, and see if you qualify for our Subsidized Veggie Box program.



For more information about the upcoming season, visit: bit.ly/veggieboxregistration

Questions? Want to be put on the Fall waitlist? Contact Kat Logan at

517.999.3923 or

foodhub@allenneighborhoodcenter.org

Youth Programs

ANC is now recruiting for **Youth Service Corps**, a community service and gardening-based program for neighbors ages 11 to 17! YSC members learn about local food systems, grow their own herbs and crops, and even prepare herbal tea blends for wholesale. During warm weather we'll be spending more time in the Hunter Park GardenHouse, and in the YSC garden plot in ANC's **Edible Park**. Our summer members will be learning to manage their own table at the Allen Farmers Market on Wednesdays, as well. Local farmers and businesses also give tours and demonstrations for YSC members. Participants love the experience, and also earn gift cards for their service.

We only have 20 spaces at a time, so sign up while you can! To register your youth for YSC, contact Kelsi, our Educational Programs Coordinator, at 517-999-3913 or via her email and she will provide a registration form. Email the completed form to her at kelsibs@allenneighborhoodcenter.org, or stop by in person during our hours of operation.

Hot Topics Book Club

Do you enjoy reading and learning about issues that are in the news? Join us for our monthly book club. Meetings are held from 5:30pm to 6:30pm in the Conference Room at Allen Neighborhood Center. Meeting dates and books are:

Jan 18 - **Born a Crime** by Trevor Noah

February 15 - **The Nickel Boys** by Colson Whitehead

March 25 - **Know My Name: A Memoir** by Chanel Miller

April 19 - **The Elder Brother's Warning** by Alan Ereira

All these books can be found at the Capital Area District Library. We also have a few copies of each book at the office. Please feel free to attend even if you haven't completed the book!

Bridging the Gap Workshops

We are hosting three workshops on current culturally-relevant, and sometimes divisive topics to help further understanding between neighbors so we can better support one another.

January 21 11:00 am - 12:30 pm | Water as a Human Right, with Mary Ellen Howard. Explore how lack of access to water and water shut offs cause harm and what action can be taken.

February 11 10:00 am - 12:00 pm | LGBTQ+ Human Rights and Advocacy Workshop Learn how gender and sexual identity impact and inform the lives of the people around you.

March 18 10:00 am - 12:00 pm | Gun Violence Prevention Workshop Join us as we listen to community leaders share how they're fighting back against a complex problem.

Senior Discovery Group

The Senior Discovery Group is meeting in person every Wednesday morning, 10 - 11:30am. New this year we are asking that you **RSVP your attendance** by emailing Denise at denisep@allenneighborhoodcenter.org. We hope you join us for great conversation and pretty good coffee!

We are thrilled to announce our SDG Speaker Schedule through April

1/18: MSU ISpeak

1/25: Joan Nelson

2/1: Lake & Trust | Justin Haun

2/8: Sixty Plus | Suzie Sturdevant

2/15: MSU ISpeak

2/22: TBD

3/1: Women's Center of Greater

Lansing | Rebecca

3/8: TBD

3/15: MSU ISpeak

3/22: TBD

3/29: Poetry Group | Ruelaine Stokes

4/5: TBD

4/12: TBD

4/19: MSU ISpeak

4/26: TBD

Outreach & Engagement

Stop by the **Outreach and Engagement** Office at ANC with all your healthcare (Medicaid, Ingham Health Plan, ACA), housing, State Benefits, and other questions and/or concerns! We can enroll you or refer you to other agencies. We also have a community computer for your use.

¡Pase por la oficina de ANC donde podemos ayudarte a inscribirte en seguro de salud u otros beneficios, o ayudarte con preguntas y/o inquietudes! Podemos dirigirte a otras agencias. Además, tenemos una computadora comunitaria para su uso.

What is **Ingham Health Plan**?

IHP is basic healthcare coverage for Ingham County residents. You can only apply for IHP if you are ineligible for Medicaid or have a Medicaid pending case. There are no premium costs, only a \$20 enrollment fee to IHP; and you only pay a small co-pay for most services.

IHP requires a Picture ID, Proof of Residency (license, ID, bill), and Proof of Income (paycheck stubs, unemployment, or other proofs) to enroll.

What is **Medicaid**?

Medicaid gives health coverage to people who have a limited income. Michigan has several different Medicaid programs, and you can see all of them on the Michigan Department of Community Health website.

Stop by our office at 1611 E Kalamazoo St, check out our website at allenneighborhoodcenter.org, email denisep@allenneighborhoodcenter.org, or give us a call (517) 367-2468.

Our office hours are:

Monday - Thursdays / Lunes - Jueves
9 AM-5 PM

Walk-ins welcome! / Sin cita

Fridays / Viernes

By appointment only / Solo con cita

Shared Use Kitchens for Food Entrepreneurs

Culinary 101 Training

Allen Neighborhood Center is excited to continue its free **Culinary 101 Training** program for aspiring and novice workers in the restaurant industry looking to expand their skills. This eight-week program covers the rules and responsibilities in the kitchen, an introduction to kitchen stations, food prep, knife skills, and workers' voice. It is taught through a mix of online and in-person instruction. Included in this course is the food safety training and examination for Servsafe Food Protection Manager, at no cost.

Class dates will be Tuesdays 6:00pm-9:00pm: Feb 21st, Feb 28th, Mar 7th, Mar 14th, Mar 21st, Mar 28th, Apr 4th, and Apr 11th.

Interested applicants will be considered after filling out the survey at bit.ly/Culinary101

If you have any questions or need an assistance with enrollment, please contact Matt Jones at (517) 999-3921 or at kitchens@allenneighborhoodcenter.org

Dine & Discovery Cooking Workshops

After a successful season of fall classes, we will be bringing back our Dine & Discovery workshops series featuring many of the great Makers from our incubator kitchen program. Each class features a hands-on cooking class, taught by a dedicated instructor, followed by gathering at a communal table to eat.

Contact Matt Jones at kitchens@allenneighborhoodcenter.org for any dietary concerns, adjusted line ups, and waitlists!

Jan 27 5:30pm - 7:30pm Peruvian Pollo Saltado with Chef Jose, of Tantay. Learn to prepare "Jumping Chicken," a Peruvian staple that pays tribute to the great Asian migration to Peru in 19th century.

Jan 27 8:00pm - 10:00pm Peruvian Ceviche with Chef Jose, of Tantay. Considered the national dish of Peru, ceviche is a wonderful execution of the flavors found in Lima. Learn to properly prepare this delicate, but bold, dish in a traditional Peruvian style.

Jan 28 6:00pm - 8:00pm Cheesecake Workshop with Pastry Chef Marcus, of Mr. Leslie's Cheesecakes. Learn about the spotlight stealing dessert to leave every dinner with a sweet note!

Feb 4 10:30am - 12:00pm Kid's Cookie Decorating Class with Chefs Holly and Sarah, of Michigan Made Treats. Spend the morning making a dozen iced cookies with your kids!

Feb 11 2:00-4:00 Macaron Workshop with Chefs Holly and Sarah, of Michigan Made Treats. Learn about the techniques that demystify these legendary delicate French cookies. The perfect couples class before Valentine's day.

Feb 12 2:00-4:00 Cheesecake Workshop with Pastry Chef Marcus, of Mr. Leslie's Cheesecakes. The perfect Valentine's activity to master this memorable dessert and use those skills to end every meal in style!

Feb 17 5:30-7:30 Peruvian Pollo Saltado with Chef Jose, of Tantay.

Feb 17 8:00-10:00 Peruvian Ceviche with Chef Jose, of Tantay.

Feb 24 6:00-8:00 Homemade Stuffed Pasta with Chef Cam. Mix your own dough and learn about the different kinds of pasta grains. Followed by stuffing this ravioli with the perfect vegetarian filling.

These classes fill up fast, so be sure to get your tickets soon!

Be the first to know about new workshop announcements! Follow our full collection on Eventbrite for more updates at bit.ly/ANCcookclass.