

THE EASTSIDE NEIGHBOR

A newsletter by Allen Neighborhood Center
 1611 E. Kalamazoo St., Lansing, MI 48912
 (517) 367-2468 www.allenneighborhoodcenter.org



Dear Friends and Neighbors,

Welcome to 2024, ANC's 25th year serving the Eastside! I'd like to give a warm thank you to the hundreds of community leaders who volunteered with us in 2023 (many of whom will continue to serve in 2024), and the generous donors who contributed to our mission, making our work possible.

We started the year off strong with the Eastside Book Club meeting on January 8th, to discuss "Arsenic and Adobo," a "killer" start to a new culinary series full of sharp humor and delectable dishes. Don't worry if you didn't get a chance to make it - we will meet on the second Monday of each month at 6:00 PM; our next book will be "Braiding Sweetgrass" by Robin Wall Kimmerer

We will have many other wonderful events this winter: Hunter Park GardenHouse's 2024 Workshop Series (see page 2), the Farmers Market every Wednesday from 3:00-6:30 PM, the Senior Discovery Group every Wednesday from 10:00-11:30 AM, and Dine & Discovery Workshops (page 3).

We also offer many support services, such as BreadBasket Food Pantry every Monday from 1:00-4:00 PM, free car seat checks, help signing up for food stamps and Medicaid, and much more.

Finally, we have a few new faces at the office - let's welcome the new member to our team!

Iris Paul is our new Food Hub Assistant Manager. A lifelong Eastsider, she first witnessed the power of community, shared housing and urban gardening at Dan Lindemann's apartments on the 2000 block of Michigan Avenue in the 90s. Since buying a home and raising her daughter in the neighborhood, ANC has been a steadfast friend over the years. Iris served at ANC as an AmeriCorps VISTA in 2020-2021, doing fundraising and communications. Having been a subsidized Veggie Box member, Iris is grateful to work with a program that previously helped her.



Kayla Olson is our Farmers Market and Pantry Specialist. She is an avid promoter of local, healthy food and believes that it should be available to everyone, regardless of income level. She enjoys hiking, learning to play piano, reading, and hosting themed dinner parties.



-Joe Enerson, Executive Director

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

Allen Farmers Market

Allen Farmers Market is **Lansing's only year-round farmers market** with 13+ diverse food vendors to shop from. We are in our Fall/Winter Season (**November 1, 2023 - May 8, 2024**), in which you can find us in the Great Room indoors every **Wednesday from 3 - 6:30 pm**.

Visit us for your weekly grocery shopping for fresh produce from urban and small rural mid-Michigan farms, the highest quality meat, cheeses, artisan baked breads and gluten-free baked goods, eggs, coffee and more.

Meet a friend for dinner in the mezzanine looking over the farmers market, or in the conference room near the market bank before or after your grocery shopping, with an array of different dinner options to choose from in the **Rathbun Accelerator Kitchen and Maker Kitchen powered by Lake Trust**; such as Ethiopian/Eritrean food from Teff-rific, Chinese food from Hong Kong Restaurant, a variety of vegan, vegetarian and non-vegetarian sandwiches and burgers from Picnic Food Truck and occasionally Southeast Asian fusion foods from Handheld Food Co.

Buying your groceries from the market strengthens your local food system by providing direct support to local growers and producers while ensuring that you're getting the freshest food available, complete with a dose of community engagement and connection.

We accept a variety of payment options including debit and credit cards, SNAP, EBT, Double Up Food Bucks (matching up to \$20!) and once Summertime approaches, we accept Senior and WIC Project FRESH.

For folks that may want to be involved in the Allen Farmers Market as a food vendor, or for more information, visit allenneighborhoodcenter.org/market, or contact Jenny at (517) 999-3911 or email jennyw@allenneighborhoodcenter.org



Supporter Shoutout

We would like to give a special shoutout, and heartfelt thanks to McLaren Health Plan for becoming our newest Naming Sponsor. McLaren Health Plan will be sponsoring our multi-use Greatroom, home of our indoor Farmers Market, weekly Breadbasket Food Pantry, and so much more. McLaren has been a long-time partner and supporter, and they will be joining our other Naming Sponsors: Rathbun Insurance (the Rathbun Accelerator Kitchen), AF Group (Prep and Pack Kitchen nourished by AF Group), Lake Trust Credit Union (Maker Kitchen Powered by Lake Trust) and Cinnaire (Cinnaire Courtyard and Cinnaire Solutions Catering Kitchen). Thank you all for your support!

Outreach & Engagement

Stop by the **Outreach and Engagement** Office at ANC with all your healthcare (Medicaid & Ingham Health Plan), housing, State Benefits, and other questions and/or concerns! We also have a community computer and wifi 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.

Schedule a **FREE Car Seat check** with a CPST. When you leave, you should be confident that your child's seat is installed correctly and feel comfortable reinstalling it on your own.

Car Seat Checks are **by appointment only**, please call us at (517) 999-3917.

With the help of MSU's Trans-ilience and Triangle Bar association, The Allen Neighborhood Center will be a site for the **Gender Affirmation Project** in which neighbors can stop by and get guide-by-the-side **support in filling out forms and navigating the system for legally changing their name and gender**, but we'll also be able to help cover the costs that come along with it.

The **Eastside Book Club** meets at ANC on the second Monday of each month at 6pm through May to discuss a different book relating to food!

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

Walk-ins welcome! / Sin cita

Fridays / Viernes

By appointment only / Solo con cita

First Saturday of the month/El primer sábado del mes

9 AM-1PM

For more information please call 517-367-2468.



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Breadbasket Food Pantry

Breadbasket Food Pantry distributes free produce, bread and baked goods every Monday at Allen Market Place, 1629 E Kalamazoo, between the hours of 1 - 4 pm.

Neighbors are encouraged to stop by between 9 am and 1 pm to grab a number and sign in at the double doors, then return at 1 pm to claim their spot in line based on their number. If you are unable to get a number before noon, arrive closer to 2 pm to eliminate waiting too long.

While products change from week to week and supplies are limited, neighbors are given the opportunity to choose from the food items that are available. Thank you to McLaren Health Plan for their support of this program. Direct any questions to Jenny at (517) 999-3911.



Volunteering

Hundreds of volunteers contribute thousands of hours each year to make our work possible. Volunteers are our community leaders—the front line people who make the health and connectivity of the neighborhood a personal commitment. They help create an environment that supports shared responsibility for our children, elders, families, and neighborhood groups. Together, we are building a more vibrant Eastside. To join the ranks of our passionate team, please visit: bit.ly/anc-orientation, email volunteer@allenneighborhoodcenter.org, or call 517.999.3919

Hunter Park GardenHouse

Workshops:

- Jan. 20th: Seed Saving w/ Janet Hendon
 - Jan. 27th: Basics of Building & Maintaining Healthy Soils w/ Chris Robbins
 - Feb. 10th: Working with Herbs in the Wintertime w/ Magnolia Farms
 - Feb. 17th: Transplant Propagation w/ TBD
 - Feb. 24th: How to Build a Worm Bin w/ Hillary Coleman
 - Mar. 9th: Food Sovereignty via the Lens of Black Gardening w/ Liv Furman, PhD
 - Mar. 16th: Home Composting Basics w/ Mike Dombrowski
 - Mar. 23rd: Introduction to Mushroom Cultivation w/ Chris Swinson
 - Apr. 6th: At Home Aquaponics w/ Aubry Johnson
 - Apr.13th: Urban Chicken Care w/ Bob Pena
 - May 4th: Garden Design with Native Plants w/ Ben Crocker
 - May 11th: Hunter Park GardenHouse Spring Open House
 - May 18th: Eastside Tea Making w/ Kelsi Briana Smith
- Sign up Here:** <https://bit.ly/HPGH-workshop>

Visit The Free Native Seed Library!

Located at approx. 426 Clifford St, our "little free library" 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!

Nature Everywhere Program

Hunter Park GardenHouse is thrilled to announce we've been selected as a Nature Everywhere Community in a national initiative to increase equitable access to nature!. Nature Everywhere Communities are growing across the U.S. through a joint initiative of the Children & Nature Network, National League of Cities and KABOOM!, designed to increase equitable access to nature everywhere children live, learn and play in 100 communities by 2025.

Learn more about Nature Everywhere Communities in this national announcement: bit.ly/anc_natureeverywhere



Senior Discovery Group

The Senior Discovery Group meets every Wednesday from 10 - 11:30am. We invite seniors from the neighborhood to come out for **'pretty good coffee and great conversation.'** Meetings are facilitated by a variety of guest speakers from regional partners: MSU's International Speakers Program, the Tri-County Office on Aging, Capital Area District Libraries, elected officials, artists, musicians, nutritionists, and more! We also have more interactive meetings that range from puzzles, picnics, bocce ball, and more! With any questions or to RSVP, feel free to email Aurora Seelye at auroras@allenneighborhoodcenter.org, or call the office at 517-367-2468.

Veggie Box

Local Food Subscription Box

ANC's **Veggie Box** is a season-long membership to receive the radest and freshest fruits and vegetables. Our members receive a weekly box of curated, hyperlocal meal ingredients.

We source directly from small farms within 50 miles of ANC. Each Veggie Box is assembled by hand, using sustainable, reusable packaging. Each box includes a newsletter with recipes, profiles of farms, and other info to support a more meaningful connection between food, land, and community.

There's also a wide variety of add-on options to customize your subscription! Locally raised and processed meat, organic dried beans, eggs, fresh baked bread, and more. A membership is \$24/week, paid as a full season, and we accept EBT payments. Add-ons available at additional cost.

2024 Veggie Box Dates

- **Spring Season** (12 weeks, \$288)
 - Feb 27 to May 16
- **Summer Season** (14 weeks, \$336)
 - May 28 to Sep 5
- **Fall Season** (12 weeks, \$288)
 - Sep 17 to Dec 12
- **Special Thanksgiving Veggie Box**
 - Watch for details soon!



Register for the upcoming season:
bit.ly/veggieboxregistration
foodhub@allenneighborhoodcenter.org

Veggie Box for Less

We often have financial support available to reduce the cost of Veggie Box for our neighbors experiencing hardship. Contact Food Hub Manager **Jessica Short** for information on a Subsidized Veggie Box.
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 youth will spend time in the Hunter Park GardenHouse, and in the YSC garden plot in ANC's **Edible Park**. Youth members will also spend time learning culinary skills in the Maker Kitchen, and receiving tours and demonstrations from local farmers and businesses. 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.

Shared Use Kitchens

Culinary 101 Training

Looking to get a leg up on your culinary basics? This free program is for aspiring and novice workers in the restaurant industry looking to expand their culinary skills. The *eight-week* program covers the Back of House roles and responsibilities, an introduction to kitchen stations, food prep, knife skills, and workers' voice.

Winter: Every Tuesday 6:00pm to 9:00pm, starting January 23rd to March 12th
Spring: Every Tuesday 6:00pm to 9:00pm, starting April 23rd to June 11th
Submit an application at bit.ly/Culinary101

Whisky Tasting Dinner Fundraiser

Please join us Friday, February 9, 2024 at Allen Neighborhood Center for a Whisky Tasting Dinner with Glynn Gutzeit and pairings from Incubator Kitchen Makers. Glynn, an expert and consultant in liquor and spirits, guides the Scotch Social Club. His knowledge of whisky and its history is sure to enlighten and entertain. You will be tasting Michigan-made spirits, bourbon, and Scotch. We hope to introduce you to a couple new flavours and experiences. Glynn will guide us through a selection of whisky, each paired with a plate crafted by local chefs.

The mouth-watering five-course menu will incorporate items from the Allen Farmers Market and Hunter Park Gardenhouse, and composed by the Rathbun Accelerator and Maker Kitchen. We are excited to expand our palettes to compliment this memorable night. The event will begin with our first tasting at 5:30 pm.

Get your tickets at: bit.ly/ancdinner2024

Any questions? Contact Matt Jones at (517) 999-3921 or kitchens@allenneighborhoodcenter.org