

THE EASTSIDE NEIGHBOR

A newsletter by Allen Neighborhood Center
1611 E. Kalamazoo St., Lansing, MI 48912
(517) 367-2468 www.allenneighborhoodcenter.org
Open Monday-Thursday from 9:00 AM-12:00 PM and 1:00-5:00 PM



Dear Friends and Neighbors,

We've had a great (and hot) summer with the Eastside. We hosted our Eastside Yard Sale, put on three festivals at the Farmers Market, learned how to make pasta and decorate cake, created beautiful copper bowls, distributed hundreds of dollars through Market Walk, and have thoroughly enjoyed all the delicious food at our Maker Pop Ups, all of which wouldn't have happened with you.

To celebrate you, our 26th birthday, and above all, the community we've built together, ANC is happy to announce our third annual Block Party! Taking place on Friday, September 19th from 4:00-7:00 PM, we will have activities for the whole family, including balloon animals, yard games, and free food from many talented Eastside food businesses (including from our Maker Kitchen!).

Our Fall programming doesn't end there! We're offering many other changes to connect with the community and with our neighbors, including our Fall Veggie Box, more Dine & Discovery classes, our Apple and Harvest Festivals, our weekly Farmers Market, our Hunter Park GardenHouse Potlucks, and more. Additionally, we're introducing two new staff members!

Ari is our Food Hub Assistant at Allen Neighborhood Center. Ari has been volunteering at ANC's farmers market for the past few years, was an AmeriCorps member with us, and is excited to continue being involved at ANC in greater capacity. Ari's passion for improving food accessibility was sparked by her upbringing on an organic farm, which motivated her to earn a degree in Food Justice from Michigan State University. She hopes to strengthen local food systems, making healthy options more accessible for Lansing Eastside's neighbors.



Dinah is a passionate food justice advocate and environmental educator serving as the GardenHouse Assistant Manager at Allen Neighborhood Center. We added Dinah to our team as an AmeriCorps member back in 2020, and Dinah was integral to the success of our online GardenHouse workshop series during that era of the pandemic. With a background in regenerative agriculture and community engagement, Dinah brings experience from roles at Oberlin College and as Founder of Cowrie Acres, an urban farm project rooted in African diasporic foodways. Dinah is committed to land stewardship, education, and building resilient local food systems that center equity, cultural relevance, and community connection on Lansing's Eastside.



-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

The Allen Farmers Market will continue to be both outdoors and indoors until October 29, 2025. Join us for our 21st Outdoor Season before we go fully inside for the colder months.

Visit us for your weekly grocery shopping for fresh produce from mid-Michigan farms, the highest quality meat, artisan baked breads, gluten-free goods, eggs, coffee, popsicles and diverse foods from around the globe.

Every Wednesday from 3 - 6:30 pm, between 20 - 30 food vendors take over the parking lot on the corner of Shepard and Kalamazoo Street as well as inside the Great Room, address 1629 E Kalamazoo.

It's more important than ever to buy your groceries from local sources and find community. **Our supply chains for food are vulnerable and your support of the local food system helps strengthen it, while ensuring quality in taste.**

Our market has always supported **local, good food**, while having strong roots in fun and providing a sense of **place and belonging**. Each week enjoy **live entertainment and weekly activities, along with monthly festivals**.

Make it a routine to stop by your neighborhood farmers market mid-week and be sure to attend our monthly festivals:

- August 20 - **Tomato Festival** sponsored by HAP CareSource
- September 17 - **Apple Festival** sponsored by Lansing Board of Water & Light
- October 15 - **Harvest Festival** sponsored by McLaren Health Plan
- December 17 - **Holiday Festival** sponsored by TBD

Visit the Market Bank for a variety of payment options including **debit/credit cards, SNAP/EBT, and Double Up Food Bucks** along with select produce vendors accepting **WIC** and **Senior Project FRESH**.

Contact Jenny at 517- 999-3911 or jennyw@allenneighborhoodcenter.org or visit www.allenneighborhoodcenter.org/allen-farmers-market for more info.



Supporter Shoutout

We would like to offer a special thank you to our partners who have donated to the Neighbors in Need Fund, which combines resources in the name of supporting neighbors who struggle to meet basic needs: food, shelter, and healthcare. Granger Foundation and Jackson National Life have both given to the fund. We also give thanks to the City of Lansing, HAP CareSource, PNC Bank, UM Health-Sparrow. Thank you for your support!

Outreach & Engagement

Stop by the **Outreach and Engagement Center** 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 Wi-Fi for your use.**

Monday - Thursdays / Lunes - Jueves

9 AM-12PM & 1PM-5 PM

Walk-ins welcome! / Sin cita

Fridays / Viernes

By appointment only / Solo con cita

**For more information please call
(517) 367-2468.**

Market Walk is a creative food-and-fitness program that is designed to improve overall health by **increasing physical activity, fresh produce consumption, and social connectivity through a structured walking program**. Cumulative miles are rewarded with tokens to be spent at the **Allen Farmers Market**, which supports healthy people, communities, and economies. **Market Walk is on Tuesdays and Thursdays from 5-7pm at Hunter Park through the end of September!**

For more information and how to register, contact faithk@allenneighborhoodcenter.org

Save the Dates for Neighborhood Events

Tech Help Drop in Session - August 28th from 10am-12pm

Family Friendly Halloween Event- Tuesday, October 28th, 6pm-8pm

Winter Book Swap- Tuesday, December 2nd, 6pm-7pm

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. This institution is an equal opportunity provider.

Neighbors are encouraged to stop by between 9 to 11 am to grab a number and sign in at the double doors, then return at their designated timeframe based on their number. If you are unable to get a number before 11 am, arrive closer to 2 - 2:30 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. 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 email volunteer@allenneighborhoodcenter.org, or call (517) 999-3919

Kitchens Programs

Rathbun Accelerator Kitchen and the Maker Kitchen, powered by Lake Trust

The Incubator Kitchen Program is designed to help scale production and solidify operations for new food businesses. Participants follow a program curriculum and have access to one-on-one mentorship, connections to local resources, event space, training and certifications, as well as opportunities to sell their products, like at ANC's weekly farmers market or ELFCO! Some of our program graduates you may be familiar with include Tantay, Sleepwalker Spirits & Ale, and Apple Blossom Kombucha.

The Rathbun Accelerator Kitchen, an expansion kitchen in our incubator program, located on our block at 1615 E Kalamazoo, has welcomed two new tenants! We are excited to have Poppa's Cookbook and Pizzelles Plus join our program as they grow their businesses! Poppa's Cookbook is a homemade soul food business that offers catering, meal prep, and has open hours for hot meals three times a week . Pizzelles are delicate, lace-like Italian cookies, and Pizzelles Plus proudly uses Nonna's old Italian recipe for these treats. Check them out, along with Brewitt Cafe & Bakery, who joined the program early this year.

pizzellesplus.com brewittcafebakery.com poppascookbook.com

We also host cooking workshops and tasting dinners to showcase the unique skills and culinary backgrounds of the 40+ food businesses in our kitchens programs. Join us in the kitchens for workshops to grow your skills at home, to explore new cuisines, or for a multi-course dinner among your neighbors. **We'll be launching our Fall/Winter Workshop Series in late August/early September!** For more information on upcoming kitchens programs events, please see our Eventbrite page at bit.ly/anc-cooking-class, where you can sign up to receive alerts for new workshops and events, or email Abie Kopacz at events@allenneighborhoodcenter.org.

If you have any questions regarding starting your food business, preparing to scale, or looking to getting started in the hospitality field feel free to email kitchens@allenneighborhoodcenter.org for more information on our incubator kitchens program!

Hunter Park GardenHouse

Hunter Park GardenHouse is a neighborhood-based educational farm and community garden. Developed in 2008 as part of a community-led improvement plan for Hunter Park, the GardenHouse centers programming in three areas: home gardening education for all ages, fresh food access, and urban ecological restoration.

Edible Park
This fall, Hunter Park GardenHouse is enhancing Edible Park by adding pavers, making it wheelchair accessible. This improvement will ensure that everyone can enjoy the beauty and bounty of the garden.

Don't forget about Free Produce Fridays; taking place every other Friday from 10:00 AM-12:00 PM during the growing season! Our next distribution will be August 22nd. Come taste the delicious produce from our farm!

Summer GardenHouse Potlucks
Join us from 6-8pm on the third Thursday of each month and enjoy good food & community! Bring a dish to pass or just yourself! Thursday, September 18th will be our final potluck of the season. Visit us at 500 Clifford St, Lansing, MI 48912

Veggie Box

Sign Up for a Subscription to Local Food!

Veggie Box is a multi-farm Community Supported Agriculture (CSA) program that unites dozens of growers to feed a common community. Each week, we purchase the best in-season fruits and vegetables from local farmers, pack it into a box, and have it available for pick-up at ANC! 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 the chance of contamination and reducing pollution), and creates opportunities for access to the good jobs and healthy foods our community needs.

A membership is \$378 with add-on items - including bread, meat, eggs, and more - available at an additional cost. We offer multiple payment options, including weekly SNAP payments.

Fall registration closes August 23
bit.ly/ANCVeggieBox



2025 Veggie Box Dates
Spring Season (12 weeks, full)
 February 25 to May 15
Summer Season (14 weeks, full)
 May 27 to August 28
Fall Season (14 weeks, \$378)
 September 9 to December 11

Veggie Box for Less
 We often have financial support available to reduce the cost of Veggie Box for neighbors experiencing hardship. Contact **Iris Paul** for information about Reduced Cost Veggie Box iris@allenneighborhoodcenter.org

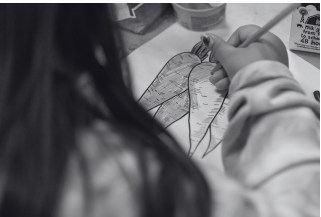
Questions? Contact Iris Paul, Food Hub Manager:
iris@allenneighborhoodcenter.org

Youth Programs

ANC is currently recruiting for the Fall 2025 season of Youth Service Corps, our community service based youth program for ages 11 to 17! YSC members receive hands on experience with local agriculture, foraging, cooking and preserving foods, as well as the basics of business management. Members spend most of their time at ANC and the Hunter Park GardenHouse learning how to grow, harvest, and prepare their own produce, with which they create value added products inside the ANC Makers Kitchen. YSC members also manage their own farmers market booth, create teas and preserves with freshly harvested produce, and attend walking tours of local community sites for resources and service projects. Participants love the experience, proudly list YSC on resumes and college applications, and earn gift cards for their service.

This fall will mark the beginning of a more harvest focused curriculum, while also building on the foundations of projects begun this past summer. YSC members will continue to utilize plants from the Lansing Eastside neighborhood to make bookmarks, but will now be providing educational notices about the plants used. This helps combat the phenomenon of “plant blindness”, which is when people don’t know enough about the plants around them to identify common plants or know anything about their uses. YSC members will shift back to attending the farmers market on a monthly basis during the school year, but will offer a wider selection of teas and textile creations than is possible during the summertime.

We have limited spaces for new YSC members, so sign up while you can! Youth Service Corps takes place on Mondays and Wednesdays during the school year, from 3:30pm-5:00pm. To register your youth for ANC Youth Service Corps, you can reach our online registration page at bit.ly/ANCYSC. We can also provide print-out registration forms upon request to our Youth Education Manager, Kelsi Briana Smith, via email at kelsibs@allenneighborhoodcenter.org, or feel free to stop by in person during our hours of operation.


Senior Discovery Group

The Senior Discovery Group meets every Wednesday from 10am-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:

- August 19th, Smiles on Wheels, Free Oral Assessments
- August 27th, Immigrant and Refugee Resource Collaborative Summer Community Read
- September 3rd, Welcome our new MSU Fellow!

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.