A decent and affordable place to live is a fundamental need. That’s why NEBHDCo’s largest line of business is affordable housing development and management. Still, our core mission and work has always gone beyond housing, to comprehensively address community economic and social conditions. This edition of NEBHDCo News highlights the range of our local responses to the issues of hunger and poverty, the need for healthy and affordable food, and for jobs and business opportunities for community residents.

Our achievements to date in NEBHDCo’s community supports work are being recognized through awards of significant new grant funding, both private and public. With these new resources, slated for 2016 and beyond, we will deepen and expand our impact. We are excited about what the coming year will bring in our work to improve our community, both through our Community Programs initiatives and in our housing development and preservation efforts. To keep up to date with us, visit www.nebhdco.org, and follow us on social media.

Jeffrey Dunston, CEO

Help Us Spread the Word!

Did you know that NEBHDCo’s Safety Net Services Program provides access to numerous resources in one central location? Every Friday from 12pm to 4pm, we offer the following services to local residents at our Opportunity Resource Center at 753 Lafayette Avenue:

- Free virtual tax preparation.
- Screening and applications for SNAP, SCRIE & DRIE assistance.
- Screening and enrollment for over 30 local, state and federal benefits.
- Referrals for employment assistance, health insurance, immigration and legal services and more.

Can your family use a little help buying food or paying your rent each month? Do you know someone who could benefit from these services? Please help us spread the word!

To learn more or to make an appointment, please contact Lisa Everett at leverett@nebhdco.org or 718-453-9490 x302.
The idea of taking a cooking class in a “state-of-the-art” kitchen, within walking distance of my home, with members of my community and taught by a committed and experienced staff was an opportunity I could not resist! So, the minute I received the email promoting the 8-Week Team Chef Challenge (TCC) program, I signed up. I am THAT passionate about cooking.

Every week has been a learning experience. Our instructors willingly share their expertise and take great care to create a sense of community and healthy competition within the group. Our group discussion covers a wide range of culinary practices – food safety, how to use a knife, proper food storage, how to read a recipe, food preparation, etc. In our Team Chef Challenge classes we prepare meals that are easy, wholesome, economical and OH SO DELICIOUS!

One in-class conversation about the lack of access to quality foods in our community had such a profound impact on me. We learned that Central Brooklyn faces a health crisis with some of the highest rates of heart disease and diabetes in New York City. Our food shelves are stocked with highly processed, denatured foods – full of sodium, fat, and sugar. It’s no wonder we are in the midst of a health crisis! One out of every three Bed-Stuy residents is overweight.

I began to reflect upon my own food purchasing habits. I have long understood and appreciated the link between food and wellness. I’ve been a vegetarian for over 30 years – long before it was fashionable. The vast majority of foods I purchase are outside of the Bed-Stuy community because access to wholesome, fresh, pesticide-free, antibiotic-free, farm-to-table food can be a challenge to find ‘in the hood’. I’ve always considered this a personal choice, but I began to ask myself how could I take a more proactive role in promoting health and access to wholesome quality food in my own community? I no longer view access to quality food as a personal choice, but a right. We should all have access to foods that promote health and well-being. So, when the Team Chef Challenge class is over, I will apply to join the NEBHDCo Community Chef Training program this summer!

When I become a community chef, I will share my personal journey and explorations with food, while supporting families in developing healthy eating habits and promoting wealth through healthy living. After all, health and well-being is one of our greatest treasures.

- by Laura Rolle
Team Chef Challenge 2016 participant

Communities for Healthy Food Bed-Stuy means real jobs in the business of food, it means options for buying good food on our ‘hood budgets, it means we gather to build community spaces to produce, cook, share, and eat food. It means that we grow stronger together as we reclaim our right to great tasting, high quality, and sustainable food.

Hit us up for more information and to RSVP to any of the programs! Anise Hines at 718-453-9490 x230 or outreachinfo@nebhdco.org
Visit us online at www.nebhdco.org/communities-for-healthy-food
Twitter: @NEBHDCoGoodFood Facebook: /NEBHDCoBedStuyFood

Here’s a report from the field and some of what’s happening this winter and spring...
Pantry Clients - Cooking Demos are Now Weekly!

This year we've received funding to conduct cooking demonstrations every single week during Pantry distribution. Last year, we could only do five of these, but this year, we'll do 52! So far, we've completed 6 cooking demos with over 40 pantry clients and featuring different chefs and flavorful dishes each week.

These cooking demos feature fresh produce straight from the pantry. Clients are able to take part in the demo, get a copy of the recipe and then go downstairs to shop for the ingredients so they can make it at home. They take place every Tuesday at 10am.

Since these demos occur during pantry hours, we take great measures not to disrupt the usual flow of pantry distribution. To this end, we only recruit clients from the back of the pantry line, we only take up to 10 clients at a time per demo and after the demo clients are invited downstairs to shop without having to go back outside to wait online. Demo Participation has its privileges! We've structured the demos to be a complementary and fun part of the shopping experience and we ask that you attend the demos whenever you come to shop at the pantry.

We will continue to hold Pantry Cooking Demos each week for the rest of the year so there is plenty of time for ALL pantry clients to attend, and we hope you do.

Head Start on Cooking Program Report-Back

And that's a wrap on The Head Start on Cooking Project! Our talented squad of 8 community chefs led 60 cooking demos with 14 Head Start Centers in and near Bed-Stuy in just 20 weeks. 2 demos featured produce delivered to Medgar Evers Head Start program. There, our chefs prepared fresh dishes onsite using the variety of vegetables and fruit from the $14 Corbin Hill Food Project farm share. We handed out recipes and Health Bucks to encourage parents to sign up for a farm share of their own and quite a few did! In addition, our Community Chefs led trainings to the kitchen staff at 3 different Head Start Centers on how to use, store and prep fresh produce during school lunch and snack time.

Overall, we made over 35 different mouth-watering recipes with and learned from nearly 900 children, nearly 200 parents and over 100 teachers and staff. And what fun we had, we hope to do it again soon!
Healthy Food Choices for Bed-Stuy and Beyond

Get ready for another year of fresh produce and healthy foods at our Golden Harvest Client Choice Pantry! Last year was a huge success and 2016 promises to bring even more good food to our neighbors in Bed-Stuy and beyond.

Thanks to our funders, dedicated staff and the helping hands of our many volunteers, we made great strides to meet the ever-increasing need for emergency food in our local communities. In 2015, we…

- Served 18,000 people from a growing number of neighborhoods.
- Distributed more than 305,000 pounds of food, including over 84,000 pounds of fresh produce, to our pantry clients.

This year is already off to a great start. So far we have distributed 20,000 pounds of food, including 7,500 pounds of fresh produce to our pantry clients. We also launched weekly cooking demonstrations to help pantry clients learn new ways to prepare the fresh produce we offer. (See page 3 for more info about the cooking demonstrations.)

To volunteer or for more information, please contact Amanda Ash at aash@nebhdco.org or 718-453-9490 x224.

We’d like to thank all of our funders, for making this work possible:

Ample Table for Everyone, Brooklyn Community Foundation - Brooklyn Now, City Harvest, Food Bank For New York City, Goldman Sachs UIG, GrowNYC, LISC, The Laurie M. Tisch Illumination Fund, M&T Bank, NYC Council, NYC Council Member Robert Cornegy, NYC Council Member Laurie Cumbo, NYC HRA EFAP, Nextdoorganics, The Pinkerton Foundation, TD Bank, USDA/NIFA, and United Way NYC.

Tenants Corner

NEBHDCo
Property Management
Emergency Hotline
718-453-9490 x232

Save Money! Clean Green!

And improve the health of your home:

- Glass: 1/4 C. white vinegar to 1 Qt. water, in a spray bottle
- Floors: Just lukewarm water and a damp mop
- Re-usable mops, vs. disposables
- Re-usable cloth wipes vs. paper towels

GOLDEN HARVEST CLIENT CHOICE FOOD PANTRY
376 Throop Avenue
Between Lafayette & Kosciuszko

PROVIDING FOOD DISTRIBUTION AND BENEFITS REFERRALS
Every Tuesday and Thursday
10:00a—12:00p
For Info Call Amanda Ash
718-453-9490 x224
All Clients Must Register With Proof of Family Size.
Bring your own bags, please!

ADULT EDUCATION CLASSES
@ NEBHDCo’s Opportunity Resource Center
753 Lafayette, Every Tues & Thurs 6pm-9pm
St. Nick’s Alliance provides:
- HS Equivalency Diploma
- Adult Basic Ed
- Job Placement Assistance
For more info: Elizabeth 718-302-2057 x221

Volunteer Jamel Credle assisting shoppers

Volunteer Joan Morris with pantry shopper

Fresh produce in our pantry, donated by Tranquility Farm at Throop and Willoughby Avenues