



BICULTURAL ACTIVE LIVING LIFESTYLE E-MAGAZINE

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Features:

AMA's "Food is
Medicine" Campaign
Expands Fresh Fruit and
Vegetable Voucher
Incentives



Project SUPPORT

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INTRODUCTION



Project SUPPORT (Supporting Under-served through Produce Prescription, and Opportunities to Recreation-activity & Technical-assistance), is led by Asian Media Access(AMA), collaborated with Multi Cultural Community Alliance (MCCA), Project SUPPORT is a cross-cultural, cross-generational, and cross-sectoral initiative, aims to improve health, prevent chronic disease, and reduce health disparities among all members, with a special focus on Black, Indigenous, and People of Color (BIPOCs) who face the highest risk, and bear the highest burden of chronic disease, named: African American/Black, Asian American and will put a special focus on young people from the two poorest but most diverse neighborhoods in MN – North Minneapolis, and Midway St. Paul.

Supported by CDC's REACH funding, AMA will leverage our extensive network of trusted community partners who provide subject matter expertise and have a history of successful engagement with the respective cultural and geographic communities. All partners have been involved in co-designing this Initiative – Project SUPPORT through below 2 culturally tailored strategies to promote Bicultural Healthy Living, especially for immigrant and refugee communities:

- **Nutrition:** Increase healthy cultural food access by implementing Food Service Guidelines (FSG) at area Asian Temples and Black Churches, and establishing Produce Rx at area clinics/hospitals.
- **Physical Activity:** Increase policies, plans and community designs through North Minneapolis Blue Line and St. Paul SEARS Redevelopment to better connect residents with activity friendly routes to everyday destination to live/learn/work/play, and provide safe, culturally based places for increasing physical activities.

Please check the Project SUPPORT updates through our Bicultural Active Living Lifestyle (BALL) website, weblog, Facebook, and e-Magazine:

- BALL Facebook at – <https://www.facebook.com/ballequity/>
- BALL Monthly eMagazines: <https://ballequity.amamedia.org/project-support/>
- BALL Website: <https://ballequity.amamedia.org/>
- BALL Web Blog: <https://www.behavioralhealthequityproject.org/>

For More Information: 612-376-7715 or amamedia@amamedia.org



NUTRITION



STRATEGY INTRO: Increase healthy cultural food access by implementing Food Service Guidelines (FSG) at area Asian Temples and Black Churches, and establishing Produce Rx at area clinics/hospitals.

FOOD SERVICE GUIDELINES ASSESSMENT ADVANCES AT HIGH PRAISE MINISTRIES THE DESTINY CENTER AT NORTH MINNEAPOLIS

Across North Minneapolis, Food Service Guidelines (FSG) have increasingly become a foundational framework for strengthening community food systems, improving nutrition access, and building healthier institutional food environments. Food Service Guidelines, as defined in public health practice, establish standards for healthier food, beverages, and operational practices in community food environments, including cafeterias, congregate dining sites, and institutional kitchens. These guidelines support healthier choices, improved food safety, and stronger alignment with chronic disease prevention strategies by increasing access to nutritious foods and reducing barriers to healthy eating in everyday settings.

Building on this framework, AMA staff Donnell Bratton and Rochester Clinic have teamed up for another new **Food Service Guidelines (FSG) assessment in the planning stage at High Praise Ministries – The Destiny Center, located at 1200 N 7th Street in North Minneapolis.** This African American faith-based institution is preparing to explore the development of a **structured congregated dining model**, positioning the church as a potential anchor site for expanded nutrition programming, community meal service, and wellness-oriented food operations.



The assessment process reflects a growing recognition that African American churches in North Minneapolis continue to serve as critical infrastructure for community stability—often functioning not only as spiritual centers, but also as trusted hubs for food distribution, fellowship meals, and emergency support during times of economic hardship. The proposed FSG assessment at The Destiny Center will evaluate how congregated dining operations can be aligned with evidence-based nutrition standards while remaining culturally grounded and community-driven. Key areas of focus include meal quality, food sourcing practices, kitchen capacity, food safety compliance, serving-line design, and opportunities for nutrition education integrated into meal service.

This effort also aligns with broader Food Service Guidelines principles that emphasize the creation of **healthy food environments in community settings**, ensuring that food service operations support chronic disease prevention, nutritional adequacy, and equitable access to healthier meals. As highlighted in national FSG frameworks, these guidelines can be applied across a wide range of institutions, including community centers, faith-based organizations, and congregate meal sites, to strengthen both health outcomes and operational sustainability.



At The Destiny Center, early planning discussions center on how congregated dining could serve multiple community needs simultaneously: providing consistent access to nutritious meals, strengthening social connection, supporting elders and families experiencing food insecurity, and creating a structured environment for health education and wellness engagement. A key consideration in the assessment process is how to design a congregated dining model that is both operationally feasible and culturally responsive. In African American church settings, food is not only nourishment but also a form of cultural expression, hospitality, and community care. As a result, FSG implementation must balance nutrition standards with respect for traditional food practices, family-style dining expectations, and the social role of shared meals within church life. The assessment will also examine food safety and regulatory alignment, particularly in relation to Minnesota food service requirements for congregate dining operations. This includes evaluating kitchen infrastructure, sourcing from approved food vendors, safe food handling practices, and compliance with institutional meal service standards that govern congregate nutrition programs across the state.



Importantly, the High Praise Ministries initiative is not being positioned as a standalone program, but rather as part of a broader North Minneapolis movement to expand **community-based nutrition infrastructure through trusted institutions**. Faith-based organizations are increasingly being recognized as essential partners in addressing food insecurity, chronic disease disparities, and gaps in access to culturally appropriate healthy foods. As the FSG assessment moves forward, stakeholders anticipate that The Destiny Center could serve as a model for other African American churches exploring congregated dining systems that integrate nutrition standards, community engagement, and long-term sustainability planning. Ultimately, this initiative reflects a larger shift in how Food Service Guidelines are being applied in North Minneapolis—not as external compliance tools, but as **practical frameworks for building healthier, more resilient, and community-owned food systems within trusted neighborhood institutions**. Through this planning process, High Praise Ministries is helping to advance a vision where congregated dining is not only about serving meals, but about strengthening health, dignity, and connection across the North Minneapolis community.



AMA'S "FOOD IS MEDICINE" CAMPAIGN EXPANDS FRESH FRUIT AND VEGETABLE VOUCHER INCENTIVES

Over the past several years, BALLeMagazine Nutrition and Produce Prescription reporting has consistently highlighted a growing transformation in how communities across Minneapolis and greater Minnesota understand health - not as a system driven primarily by medications, but as one increasingly grounded in food, prevention, and lifestyle medicine. This shift has been reinforced through coordinated efforts linking clinical practice, community mobilization, and culturally responsive food access points.

At the center of this emerging ecosystem is our recent – “Food is Medicine” public education campaign, developed in partnership with the City of Minneapolis and Rochester Clinic, and local food access networks. Our Campaign has focused on increasing awareness of how Fresh Fruits and Vegetables Voucher Programs, plant-based diets, and structured Market Bucks programs can serve as powerful tools for preventing and managing chronic disease.

A key pillar of this work is the ongoing promotion of the City of Minneapolis Fruit and Vegetable Voucher Incentives (FVVI) which continues to expand access to healthy foods for families facing economic and transportation barriers. Through the “Food is Medicine” Campaign, these vouchers are being reframed not simply as benefits, but as preventive health prescriptions that support long-term wellness outcomes.

Rochester Clinic, through its lifestyle medicine model, has played a leading role in advancing Campaign approach. Grounded in evidence-based practice, the clinic emphasizes the six pillars of lifestyle medicine - nutrition, movement, stress management, sleep, social connection, and purpose - with nutrition serving as a foundational entry point. Clinical education materials consistently reinforce the importance of whole-food, plant-based eating patterns rich in fruits, vegetables, legumes, and whole grains as a means to reduce chronic disease risk and improve overall health outcomes. Their Train-the-Trainer initiative is a continuous effort to train physicians to incorporate the Fruit and Vegetable Voucher Incentives and Produce Prescription programs into their regular clinical practices.

This clinical framework aligns directly with broader public health messaging being promoted through AMA’s “Food is Medicine” Campaign, which emphasizes that dietary change is most effective when supported by community-based mobilization, culturally relevant messaging, and accessible food systems with FVVI programs.

A central innovation of the Campaign has been our commitment to delivering FVVI in heritage languages, ensuring that immigrant and refugee communities can fully access and understand program benefits. Outreach materials and community sessions have been developed with the City of Minneapolis’ help to support Chinese, Hmong, Somali, Spanish, and other multilingual households, addressing long-standing barriers related to language access, system navigation, and cultural food adaptation.



Bicultural Active Living Lifestyle
February 25

多吃水果和蔬菜,为你的健康加油。
使用水果和蔬菜优惠券,为你的预算加油。

水果和蔬菜优惠券可在当地农贸市场购物时,为您提供额外资金用于购买水果和蔬菜。

- 市场代金券(Market Bucks),适用于 SNAP/EBT 用户。
- 农贸市场营养计划(FMNP),适用于 WIC 参与者。
- 老年人农贸市场营养计划(SFMNP),适用于 NAPS 参与者。

请致电明尼苏达州食品援助热线(MN Food Helpline)
888-711-1151,查询您的资格并了解更多信息。 See less

See translation



Bicultural Active Living Lifestyle
February 20

Noj txiv thiab zaub pab tau rau yus nyob nyabxeeb.
Siv cov Txiv & Zaub vouchers los pab koj tseg nyiaj.

Txiv thiab Zaub vouchers muab nyiaj ntau zog rau koj
thaum koj nyuav txiv thiab zaub nram

Farmers Market:

1. Market Bucks, yog rau cov siv SNAP/EBT
2. Farmers Market Nutrition Program (FMNP), yog rau cov siv WIC.
3. Senior Farmers Market Nutrition Program (SFMNP), muaj rau cov siv NAPS.

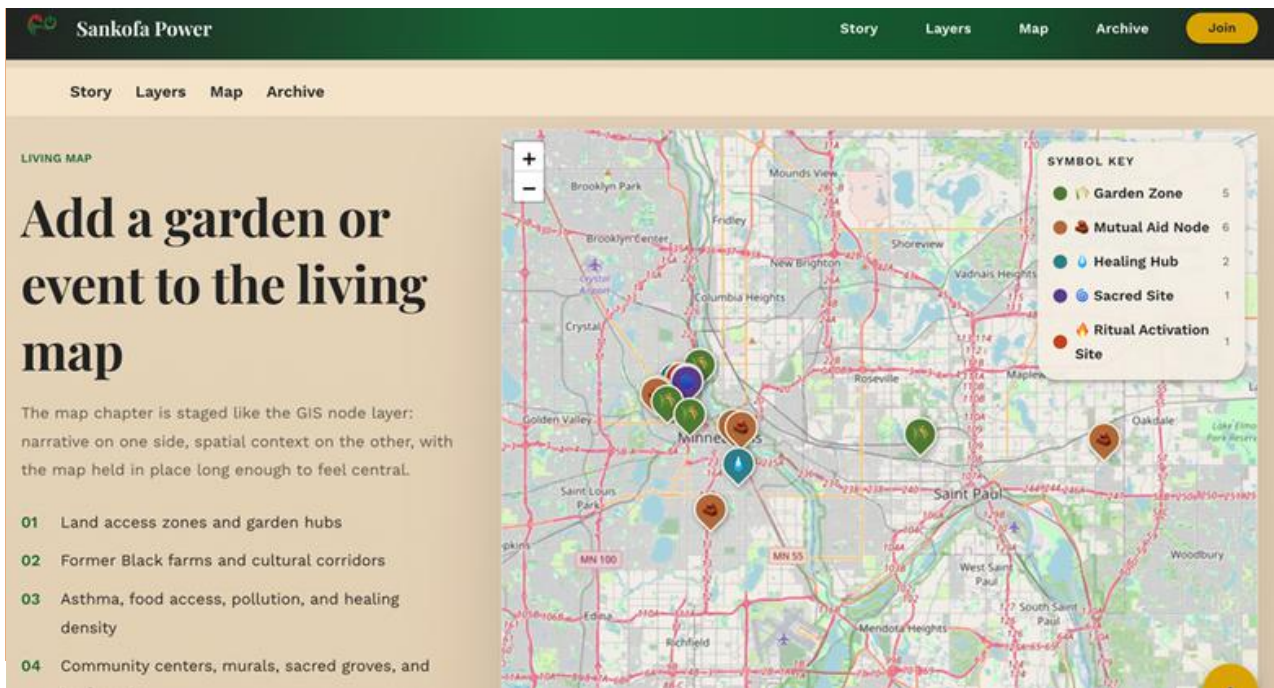
Yog xav paub seb koj pus txais tau cov kev pab no
hu tau rau MN Food Helpline at 888-711-1151. See less



By integrating heritage language with practical voucher usage training, our Campaign helps families understand not only how to access Fresh Fruit and Vegetable benefits, but also how to incorporate these foods into everyday meals in ways that reflect cultural traditions and dietary preferences. Together, these activities are helping shift the narrative around food access in Minneapolis from short-term assistance toward long-term health system integration, where food is recognized as both prevention and treatment. Community engagement has also emphasized through social media platforms and outreach tabling to build momentums.

As the Fresh Fruit and Vegetable Voucher Incentives continue to evolve, stakeholders emphasize that its greatest impact will come from continued integration across healthcare systems, community organizations, and culturally grounded social media platforms. The goal is not only to increase voucher utilization, but to ensure that families experience measurable improvements in diet quality, chronic disease prevention, and food security.

Ultimately, our “Food is Medicine” Campaign represents a broader shift in public health thinking—one that recognizes that health outcomes are shaped as much by access to food and culture as by access to clinical care. Through the leadership of Rochester Clinic, collaboration with community-based partners, and expansion of heritage language outreach, the Fresh Fruit and Vegetable Voucher Incentive is increasingly being positioned as a cornerstone of a more equitable, preventive, and community-centered food and health system in Minneapolis and beyond.



NORTHSIDE ADVANCES PRODUCE PRESCRIPTION STRATEGY THROUGH COMMUNITY-LED FOOD ACCESS DESIGN AND ADVISORY COORDINATION

Over the past several years, BALLeMagazine coverage of Produce Prescription (PRx) initiatives across Minneapolis has documented a growing shift in how food access is understood—not only as emergency assistance, but as a health intervention system that links clinical care, community agriculture, and culturally rooted food diets. In North Minneapolis, this evolution is now taking shape through renewed coordination led by the Northside Prescription Advisory Committee, which has recently resumed biweekly meetings since Jan. 2026 to advance a community-driven PRx strategies.

At the center of current discussions are two interconnected initiatives: the development of a database – SankofaPOWER to list Produce Prescription (PRx) programs for North Minneapolis residents, and the design of train-the-trainer sessions focused on food resource navigation and healthy food utilization. Together, AMA efforts aim to strengthen long-term access to fresh fruits and vegetables while building local capacity among immigrant and refugee families who continue to experience disproportionate barriers to nutritious food systems.

The Produce Prescription model being explored is grounded in a simple but powerful idea: that food can function as medicine when it is intentionally prescribed, supported, and made accessible through trusted community and health pathways.

However, in North Minneapolis, stakeholders emphasize that the success of such a model depends not only on healthcare integration, but on community trust, cultural relevance, and decentralized distribution systems that reflect the lived realities of residents.

The Northside Prescription Advisory Committee has emphasized that immigrant and refugee communities - particularly Hmong, Somali, Oromo, and other East African and Southeast Asian populations - face unique barriers that traditional food access programs often fail to fully address. These include transportation limitations, language access challenges, unfamiliarity with voucher systems, and inconsistent access to culturally preferred produce. The emerging PRx strategy seeks to directly respond to these realities through SankoafaPOWER database, culturally tailored outreach, multilingual information, and community-based mobilization effort.

Flow of A Produce Prescription Program



National Produce Prescription Collaborative (NPPC), February 2020

* Not All Produce Prescription Programs Require an Education Component
** Some Programs Use Third Party Evaluation

A key partner in our effort has been Project Sweetie Pie, which has played a central role in connecting families to Fresh Fruit and Vegetable Voucher Incentive available through the City of Minneapolis, as well as promoting Neighborhood HealthSource's PRX program. Project Sweetie Pie has also integrated community gardening demonstrations as a core empowerment strategy, linking food prescriptions to food production. This includes teaching families how to plant, cultivate, and harvest vegetables in community garden settings, reinforcing the connection between healthy eating and local food systems. Two major community events have served as anchor moments in this growing movement:

- The April 20 Earth Day Garden Activation, which introduced families to seasonal planting techniques and environmental health connections
- The May 30 Planting Day at Oak Park Community Garden, which brought together residents for large-scale community planting, sharing the FFVI and PRx info, and intergenerational exchange



These events sponsored by AMA have helped transform PRx from a clinical or administrative concept into a hands-on, culturally grounded experience of food access, nutrition awareness, and community healing.

As the Advisory Committee continues its biweekly meetings, members are also working to design train-the-trainer models that will expand local capacity. The goal is to ensure that community members themselves—not only external agencies—are equipped to teach others how to navigate - Fresh Fruits and Vegetable Voucher Incentives and Produce Prescription programs, and engage in sustainable the network through SankofaPOWER database. This approach reflects a broader commitment to building community-centered infrastructure rather than program-dependent services.

As the work continues, stakeholders emphasize that the future of Produce Prescription programming will depend on its ability to remain rooted in community leadership, expand trusted distribution networks through heritage languages, and build lasting pathways for immigrant and refugee families to access fresh, culturally meaningful foods. In this way, the Northside is not simply implementing a Produce Prescription program- it is actively redefining what food access can look like when it is designed, governed, and sustained by the community itself.

PHYSICAL ACTIVITY



Physical Activity: Increase policies, plans and community designs through North Minneapolis Blue Line and St. Paul SEARS Redevelopment to better connect residents with activity friendly routes to everyday destination to live/learn/work/play, and provide safe, culturally based places for increasing physical activities.

ST PAUL NEIGHBORHOOD MEETING FOR AREA REDEVELOPMENT AND COMMUNITY SAFETY

Asian Media Access and Frogtown/Rondo Black Church Alliance (FRBCA) supported a well-attended neighborhood meeting on May 18, bringing together residents, stakeholders, and partners to discuss area redevelopment priorities, community safety, and ongoing planning updates. The meeting also included a welcome and recognition of St. Paul's newly elected Hmong American Mayor, Kaoly Vang Her, highlighting a new chapter of civic leadership and regional collaboration. The convening focused on strengthening communication between community members and public officials while advancing shared goals for equitable redevelopment and neighborhood wellbeing.





Building on earlier Asian Media Access (AMA) and partner visions for former St Paul Sears site as mixed-use “community hub”- including housing, wellness facilities, cultural space, and local commerce - new stewardship and evolving proposals have kept the project in motion, even as community questions about scale, safety, and access have grown. Prior BALLeMagazine coverage highlighted early concepts such as subdividing the site into multiple development parcels, adding housing clusters, community destinations like playgrounds and markets, and integrating active transportation corridors to connect the site more seamlessly to surrounding neighborhoods and the Capitol downtown district.

A major recent milestone in this ongoing dialogue was AMA/FRBCA-hosted Neighborhood Meeting, which drew more than 50+ residents, city planners, and stakeholders. The meeting focused on reintroducing the Sears redevelopment and ensuring that new ownership and planning directions remain accountable to community priorities.

A. Sears Redevelopment – Rondo Land Trust (New Ownership)

- Smaller Parcel Development: Explore dividing the 17-acre site into smaller, phased, mixed-use development blocks.
- Safety Improvements: Prioritize safer pedestrian crossings, traffic calming, and bicycle connections around high-speed roads.
- Everyday Needs: Focus on housing, groceries, parks/playgrounds, and neighborhood-serving retail.
- Connectivity: Strengthen walking, biking, and transit links to nearby neighborhoods, University Avenue, and St. Paul Downtown.



B. Public Safety

- St. Paul Police Dept Presence: The SPPD is preparing for a busy summer with 13 new officers, and the Capital area beat added three officers and is close to full staffing, though citywide staffing is still below target.
- Property crime is down, credited in part to work with Familiar Faces, Catholic Charities, and Metro Transit.
- An ongoing issue is youth climbing onto building roofs for social media videos, especially at City Walk and nearby Sears building. Residents were encouraged to call police immediately; officers can cite for trespass even once youth are back on the street, especially when cameras or witnesses are available.

C. Rice–Capitol Vitality

- The Ramsey County Vitality Program is funded at about \$2.8 million dollars over three years for staffing, safety, beautification, and youth and family programming in fringe Capitol/Old Sears area and downtown neighborhoods.
- Focus areas include safety collaboration with St. Paul Police and Metro Transit, street cleanup and beautification, and youth and family programs using the new storefront at 546 Rice Street.
- The program is also exploring youth spaces such as a temporary skate park or bike course at the former Sears site with ReConnect Rondo and City Skate.

D. City and Neighborhood Updates

- Mary Xiong from the Mayor’s Office introduced her team as a main contact point for neighborhood concerns and updates.

- A new mayoral website and QR code will let residents submit comments, request the mayor's attendance at events, and sign up for the mayor's newsletter.
- City budget work is underway, with emphasis on long-term fiscal health, support for city redevelopment projects and neighborhood businesses, and public safety.
- The funding for the Capitol Area Architectural and Planning Board (CAAPB) Area Improvement Fund (includes old Sears Site), and the funded activities there are expected to benefit the broader neighborhood.

Throughout the meeting, FRBCA facilitators emphasized that the Sears redevelopment is no longer just a real estate question, but a long-term neighborhood planning opportunity with regional impacts. Attendees also reflected on the importance of ensuring continuity between earlier AMA-led visioning efforts and current master planning discussions. As one participant summarized, the future of the Sears site depends not only on what is built, but how it connects - physically, socially, and economically - to the surrounding community, especially St. Paul Downtown.



With strong turnout and sustained engagement, the Neighborhood Meeting signals that community interest in the redevelopment remains high, and that the next phase of planning will need to balance development feasibility with safety, accessibility, and everyday neighborhood needs.

CULTURAL PLACEKEEPING PLYMOUTH AVE STATION



BLUELINE EXTENSION STATION AREA PLANNING: BUILDING COMMUNITY OWNERSHIP ALONG THE NORTH MINNEAPOLIS CORRIDOR

For more than a decade, North Minneapolis residents have heard promises about the transformative potential of major public investments. From transportation improvements and economic development initiatives to housing and neighborhood revitalization efforts, countless plans have envisioned a stronger future for the Northside. Today, the METRO Blue Line Extension (BLE) represents one of the most significant opportunities yet—not simply as a transit project, but as a generational investment capable of reshaping mobility, housing, economic opportunity, and community health for decades to come.

As the Blue Line Extension advances toward final design, attention has increasingly shifted beyond tracks and stations toward the neighborhoods that will surround them. Within Minneapolis city limits, the corridor will travel from West Broadway in North Minneapolis, with stations near Lowry Avenue North and Penn Avenue North, continuing through the 21st Avenue North corridor with stations near James Avenue North and Lyndale Avenue North. The alignment then follows Washington Avenue and 10th Avenue North, with stations near West Broadway and Plymouth Avenue before connecting to Target Field Station in downtown Minneapolis.

Recognizing that station investments create opportunities far beyond transportation, the City of Minneapolis has launched the Minneapolis Station Area Planning process.

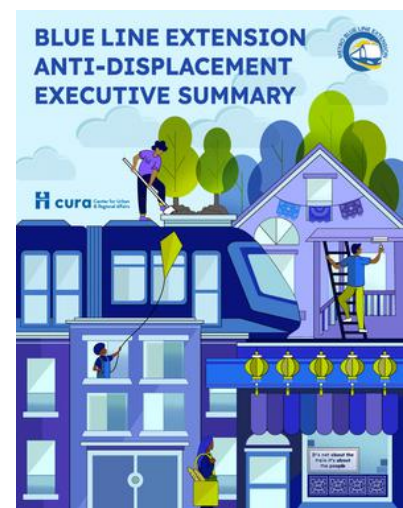
The effort seeks to identify opportunities, coordinate investments, and develop implementation strategies that advance transit-oriented development, housing production, business growth, workforce development, neighborhood connectivity, and community health. The completed Station Area Plan is expected to guide future public and private investment and ultimately be adopted by the Minneapolis City Council.


Since March, Asian Media Access (AMA) Team (led by Steve Lu and Ange Hwang) have involved in numerous meetings and played an active leadership role in helping shape community engagement and station area planning discussions across North Minneapolis. Working alongside community partners, residents, businesses, and local stakeholders, AMA has been helping translate complex planning frameworks into accessible conversations grounded in community priorities and lived experience.



The planning discussion draws upon numerous existing frameworks, including the Minneapolis 2040 Comprehensive Plan, Transportation Action Plan, Climate Equity Plan, West Broadway Alive initiative, Anti-Displacement Policy Framework, Cultural District and Cultural Placekeeping work, the Blue Line Extension 90% Design process, the BLE Community Engagement Cohort, DREAM North engagement efforts, and the Northside Forward Framework.

While these plans contain valuable guidance, community members consistently remind planners that North Minneapolis has experienced decades of studies, initiatives, and redevelopment efforts that did not always produce visible benefits for residents. Many recall situations where community engagement occurred after key decisions had already been made, where public participation seemed disconnected from final outcomes, and where rising property values created concerns about displacement before promised benefits materialized.





As a result, skepticism remains a defining reality of community engagement on the Northside. Rather than viewing this skepticism as resistance, AMA and our coalition partners recognize it as a form of historical knowledge. Residents understand that participation requires time, trust, transportation, childcare, and confidence that their voices will matter. For many families, attending meetings competes with daily responsibilities and economic realities. What may appear as disengagement is often caution, exhaustion, or uncertainty about whether participation will lead to meaningful change.

The Station Area Planning process therefore presents an important challenge: ensuring that growth happens with communities rather than to communities. When residents say, *"This project is not for us,"* they are often expressing concern about whether they will share in the benefits. When they say, *"The city already made its decision,"* they are questioning whether engagement truly influences outcomes. When they express concerns about displacement, they are responding to historical experiences where investment arrived without sufficient protections for renters, small businesses, and long-term residents.

To address these concerns, AMA and our community partners are helping build an engagement framework focused on transparency, accountability, and shared ownership. Through designing a series of community roundtables, neighborhood ambassadors, youth engagement activities, learning sessions, public workshops, and station-area design charrettes, residents will be invited to do more than simply react to recommendations. They are helping shape priorities, test assumptions, evaluate tradeoffs, and influence implementation strategies in real time. The goal is not merely to produce a station area plan. The goal for us is to build civic infrastructure capable of supporting equitable development, anti-displacement strategies, community wealth-building, improved mobility, healthier neighborhoods, and long-term stability throughout the Blue Line corridors.

As station designs continue to advance and planning efforts move forward, North Minneapolis faces a historic opportunity. The Blue Line Extension can become more than a transportation investment. It can become a model for how infrastructure projects strengthen neighborhoods, preserve community identity, and create pathways for residents to actively shape the future of their own communities. And Asian Media Access will continue to support North Minneapolis residents see themselves reflected in the decisions, investments, and opportunities that emerge along the corridor for generations to come.

PROJECT SUPPORT EVENTS

May 1~31

THANK YOU FOR A BEAUTIFUL AAPI MONTH

Thank you for a beautiful AAPI Heritage Month. Asian Media Access participated in many local events, tabling, sharing information, and gathering valuable feedback from residents. It was a meaningful time to listen, learn, and strengthen relationships across our diverse communities.



ART & DIALOGUE

JOIN WATTANAK DANCE TROUPE FOR AN INTIMATE EVENING OF DANCE, CONVERSATION, AND COMMUNITY INSPIRED BY FOLLOWING THE SERPENT'S VEIL: THE STORY OF PRAEH THONG & NEANG NEAK. LEARN MORE ABOUT CAMBODIAN CLASSICAL DANCE, THE STORY BEHIND THE WORK, AND THE TRADITIONS THAT CONTINUE TO SHAPE OUR COMMUNITY TODAY. LIGHT REFRESHMENTS PROVIDED.

MAY 27, 2026

FROM 6:00 PM TO 8:00 PM
AT XIA BOOKS & CAFE

- Artist Talk
- Dance
- Dialogue

FREE ENTRY

422 University Ave W, Suite 14, Saint Paul, MN 55103



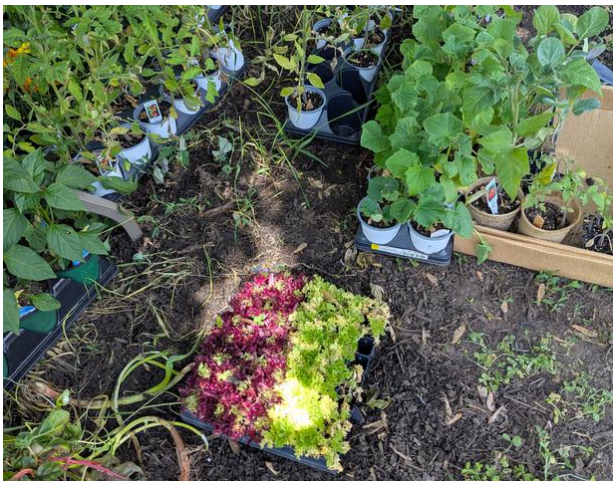




May 30

OAK PARK COMMUNITY GARDEN

Asian Media Access joined our partner - Project Sweetie Pie and brought the Northside community together with hands-on gardening, cultural/generational connections, and share the Fruits and Vegetables Voucher Incentive and Produce Prescription programs, to enhance healthy living and local food access.



UPCOMING EVENTS

21ST CSFA PHILIPPINE CHILDREN CAMP

DATE/TIME: Friday, June 12, 2026, 7:00pm and Saturday, June 13, 2026, 8:00pm

PLACE: Camp Sacajawe, 5121 McAndrews Rd, Apple Valley, MN 55124, [Kid registration](#)

Accepting up to 40 kids aged 6-12 years old, this free overnight camp will introduce Filipino culture, language, games, food, fun & more.

A fun & educational overnight camp for all kids aged 6 to 12 years of age by June 12, 2026. It's everything Pinoy including patintero, arts & crafts, Filipino Folklore & legends, songs & more. Camp is free but donations are appreciated. We will send you forms and instructions for the camp closer to the date of the event. Welcome to PCC!



21st CSFA Philippine Children Camp

CULTURAL SOCIETY OF FILIPINO AMERICANS 1971

June 12 & 13, 2026
Friday 7 PM TO Saturday 8 PM
CAMP SACAJAWEA, APPLE VALLEY

TAAS NOO, PINOY!

Accepting up to 40 kids aged 6 to 12 years old (by day of camp)! This free overnight camp will introduce Filipino culture, language, games, food, fun & much more. Donations & volunteers are welcome! Please register by JUNE 1, 2026. Questions? Ask Ligaya or Therese at philchildcamp@csfamn.org.

Kids' Registration <https://forms.gle/VTk4AGWUjrLE8HoAA>

Volunteers registration <https://forms.gle/cyM2tbpPXVi3dCA>

For more info, <https://sites.google.com/view/csfamn-philippinechildrenscamp/home>

INTERNATIONAL YOGA DAY

DATE/TIME: Saturday, June 20, 20226, 7:00am-9:00am

PLACE: Hindu Society of Minnesota, 10530 Temple Drive, Maple Grove, MN 55311, [Register here](#)

Join us in celebrating International Yoga Day with an energizing morning of yoga and meditation, organized by HSMN's Outreach Team.

- Free event - open to all
- Bring your yoga mats
- Program: Yoga session followed by meditation
- Food: Light Refreshments will be provided after the session for registered participants.



International YOGA Day

Presented By HSMN

Saturday, June 20th
7 - 9 AM
Nath Auditorium
10530 Temple Drive, Maple Grove, MN 55311

• FREE Event- Open to ALL
• Bring **your** YOGA mats
• Register- <https://www.hindutemplemn.org/event-details/hsmn-international-yoga-day>

Schedule

- 7-7:15 am- Check-in
- 7:15-8 am- Yoga with Sudha Maradana
- 8-8:30 am- Meditation with Deepshika Cherukuri
- 8:30-9 am- **Light Refreshments** for registered participants

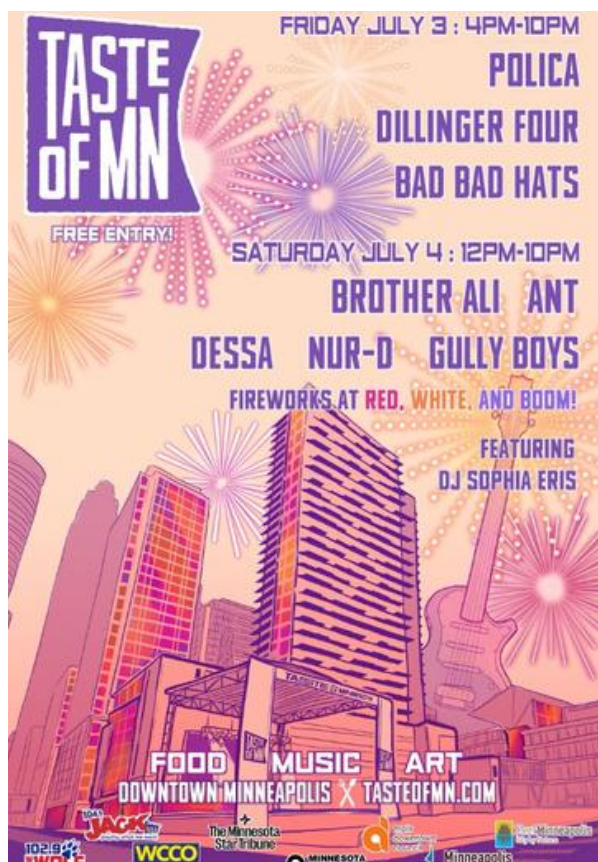
Mona | 402 617 4724 | outreach@hsmn.org

MORE THAN A GAME: FAIRNESS, LEADERSHIP & ADVOCACY

DATE/TIME: June 24, 2026, 4:30pm-
6:30pm

PLACE: [Register here](#)

Help athletes recognize unfairness, advocate for themselves, and build more inclusive team cultures. This Girls Leadership training equips coaches with practical tools for advocacy, belonging, and youth leadership in sports.



TASTE OF MINNESOTA

DATE/TIME: Friday, July 3, 2026, 4:00pm-
10:00pm and Saturday, July 4, 2026,
12:00pm-10:00pm

PLACE: Nicollet Mall and Washington Ave,
tickets

<https://www.tasteofmn.com/>

We're turning up the volume on everything that makes Minnesota shine!

From crave-worthy food vendors and standout local businesses to talented artists, inspired makers, and an all-star lineup of homegrown music, Taste of Minnesota 2026 is taking over downtown Minneapolis.



FOLLOWING THE SERPENT'S VEIL: PREAH THONG NEANG NEAK

DATE/TIME: Friday, July 10, 2026, 7:30pm and Saturday, July 11 at 2:00pm and 7:30pm

PLACE: The Southern Theater, 1420 S. Washington Ave, Minneapolis, MN 55454, tickets [here](#)

Experience an evening of dance and storytelling inspired by mythology, tradition, and cultural memory. Through movement and music.

2026 ASIAN COOKING & CRAFTS SUMMER CAMP

DATE/TIME: August 3-7, 2026, 9:30am-12:00pm

PLACE: 3300 University Ave SE Minneapolis, MN 55414, [register here](#)

Our creative team presents the 2026 Asian Cooking & Crafts Summer camp this August 3~7, Monday~Friday, 9:30-noon for grade 3 to 8. Travel with us without flying –kids explore Asia through cooking, crafts making, Chinese learning, and new friendships.

- Cook authentic Asian dishes (hands-on, sensory learning)
- Create cultural crafts (paper cutting & stamp making)
- Learn Chinese naturally through activities and interaction
- Build friendships across cultures





Contact Us

Email

ball@amamedia.org

Telephone

612-376-7715

Address

2418 Plymouth Ave N
Minneapolis, MN 55411



Partnering with

