

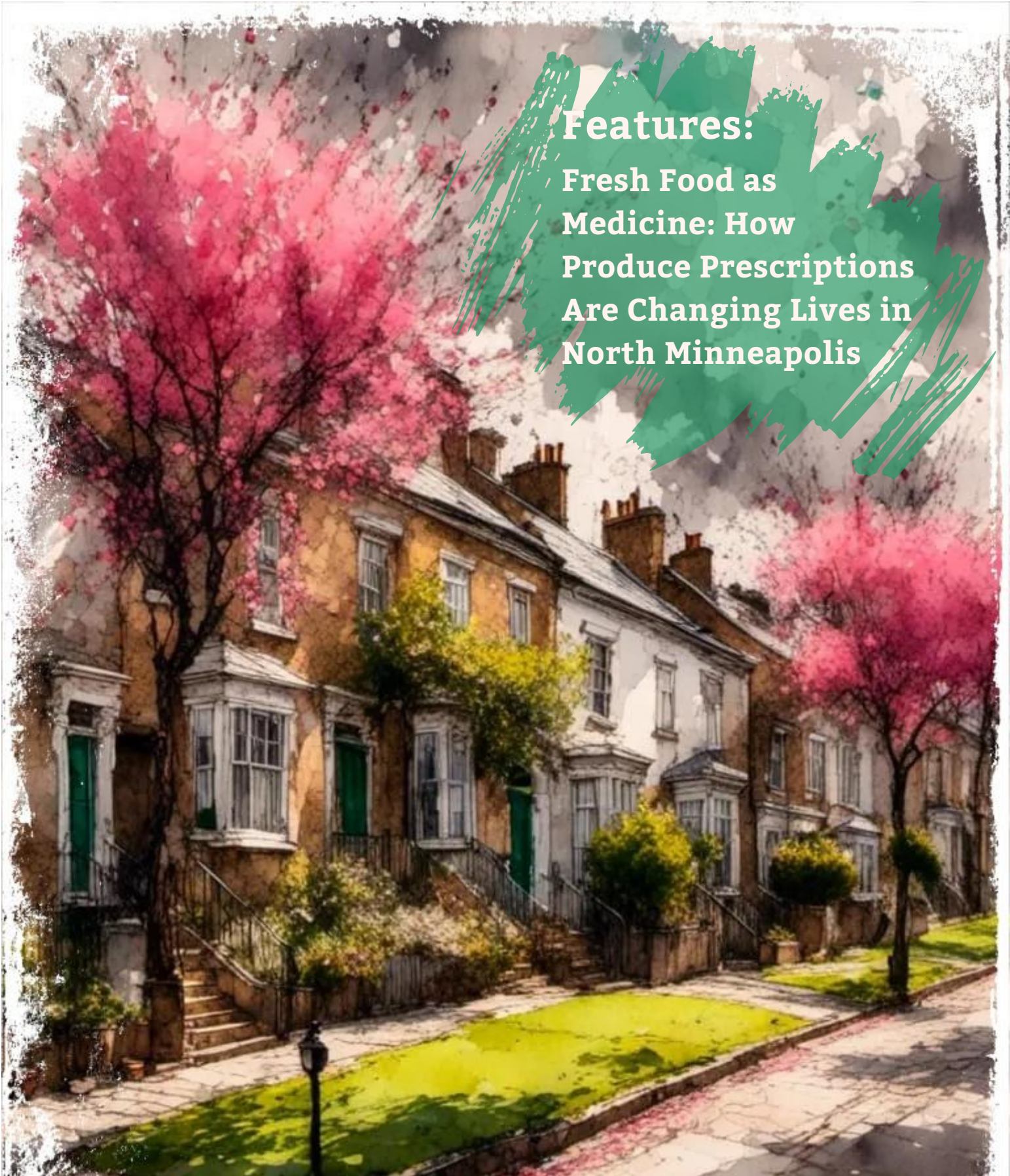


BICULTURAL ACTIVE LIVING LIFESTYLE E-MAGAZINE

MAY, 2026 | VOLUME 3 | ISSUE 4

Features:

**Fresh Food as
Medicine: How
Produce Prescriptions
Are Changing Lives in
North Minneapolis**



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 least one Asian Temple, establishing Produce Rx at three clinics/hospitals.

FRESH FOOD AS MEDICINE: HOW PRODUCE PRESCRIPTIONS ARE CHANGING LIVES IN NORTH MINNEAPOLIS

In many neighborhoods across America, the distance between a family and a fresh vegetable is not measured in miles – it's measured in dollars, in transportation barriers, and in generations of systemic neglect. In North Minneapolis and across the Twin Cities, community organizations, urban farmers, nonprofit lenders, and supportive housing developers are partnering to bring fresh fruits and vegetables directly to the people who need them most – and in some cases, writing produce prescriptions to do it.

CONTINUING TO INTRODUCE THE PRODUCE PRESCRIPTION AT NORTHSIDE

Asian Media Access along with the Northside Produce Prescription Advisory Committee have spent the past two years promoting Produce Prescription programs alongside a broader “Food as Medicine” approach to community health and chronic disease prevention. These programs support healthcare providers and community health workers in prescribing fresh fruits and vegetables to individuals and families at risk of diet-related illnesses such as diabetes, hypertension, and food insecurity. Participants may receive produce vouchers, subsidized fresh food boxes, or free

produce distributions as part of culturally responsive wellness and prevention strategies.

Our initiative is grounded in a simple but critical reality: communities cannot be expected to eat healthier when affordable and nutritious food is inaccessible within their neighborhoods. In food desert areas such as parts of North Minneapolis, limited access to fresh produce and healthy food options continues to contribute to long-term health disparities and chronic disease outcomes.

In response, AMA and the Northside Produce Prescription Advisory Committee have been actively exploring community-centered models for produce prescriptions and fresh produce box distribution systems tailored to local cultural and neighborhood needs. Over the past two years, the initiative has hosted multiple community forums and stakeholder discussions to examine implementation opportunities, strengthen public awareness, and build collaborative strategies around equitable food access, nutrition education, and culturally grounded healthy living practices. AMA along with the Northside Produce Prescription Advisory Committee has been hosting community discussion forums since to directly address the implementation potentials.



FOOD AS A TOOL FOR HEALTH, WEALTH, AND SOCIAL CHANGE

For Shvonne L. Johnson — educator, published poet, university instructor at Metropolitan State University, and founder of Life Juices — food entrepreneurship is inseparable from social justice. Her plant-based juice business is built on a simple but radical premise: that fruits and vegetables are tools not only for personal health, but for community wealth-building and systemic change.

Life Juices specializes in cold-pressed juices, smoothies, and acai bowls made from organic produce sourced from local Minnesota farms. But the mission goes well beyond the menu. "Life Juices is intentional about bringing accessible nutrition to underserved communities where healthy offerings are lacking," Johnson explains. "We believe that everyone should have access to nutrition regardless of where they work or live."

As a former Dean at St. Catherine University and a scholar who has studied the direct

relationship between historical racism and health inequity – including research conducted at Howard University following a Bush Leadership Fellowship in 2009 – Johnson brings both lived experience and academic rigor to the food access conversation. Her work connects the dots between systemic disinvestment and the chronic diet-related diseases that disproportionately affect Black and brown communities in Minnesota.



THE COMMUNITY GREENHOUSE MODEL

One of the most powerful approaches to improving local food access she has introduced is the community greenhouse. By growing produce right where people live – whether in vacant lots, on rooftops, or in dedicated growing facilities – organizations bypass the broken supply chains that leave urban neighborhoods without fresh options. Locally grown produce doesn't travel hundreds of miles before reaching a table. It's harvested and distributed the same week, often the same day.

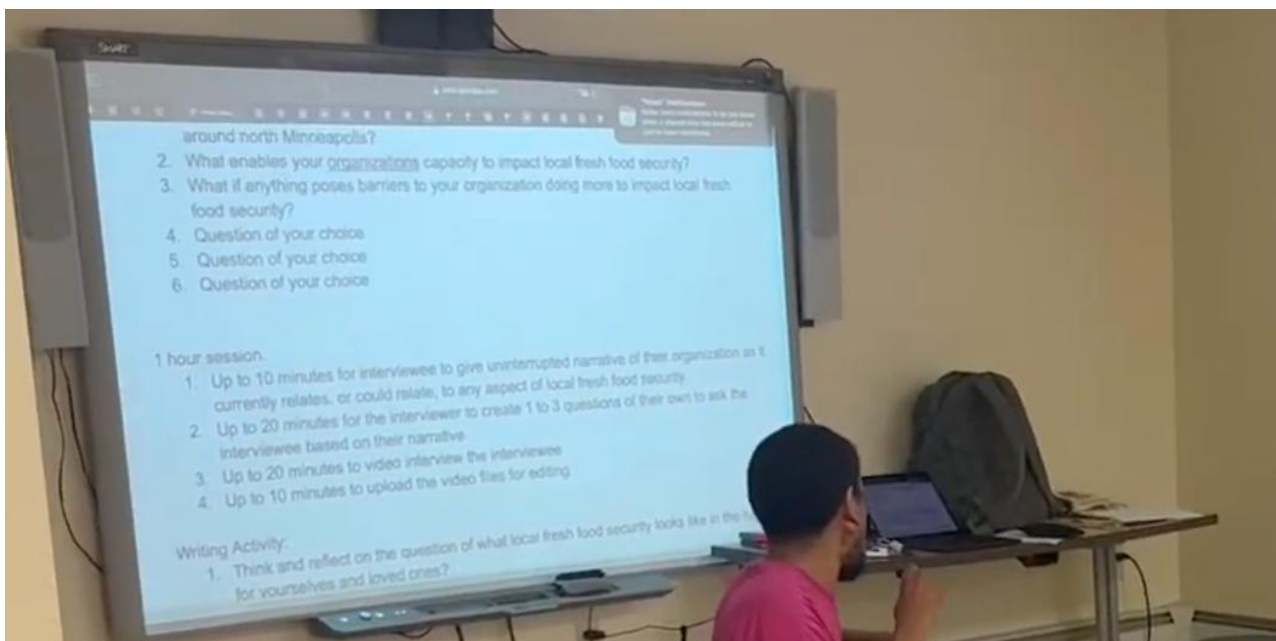
Community greenhouse programs do more than grow food. They create gathering points, teach nutrition, employ residents, and give people ownership over what they eat. When a community member can walk from their apartment to a greenhouse and pick up greens grown nearby, something shifts – not just nutritionally, but spiritually. Food becomes something you participate in, not just something that happens to you. Ginger, turmeric, cucumbers, and leafy greens grown in these spaces offer real health benefits – natural anti-inflammatories, kidney-supporting herbs, and nutrient-dense foods often priced out of reach in corner stores and gas stations, which are frequently the only "grocery" options in food desert neighborhoods.

THE REAL COST OF EATING WELL

One of the most persistent myths in conversations about food and health is that eating well is a matter of personal choice. The reality is far more structural. In lower-income urban neighborhoods, a bag of chips costs less than a bunch of kale. A fast-food meal costs less than a pound of salmon. When families are stretched financially, caloric density often wins over nutritional quality – not because people don't care about their health, but because they are making rational decisions under difficult constraints.

That structural disparity is precisely what makes cross-sector financing and organizational capacity so critical. Paul May-Kramer, a Loan Officer and Financial Specialist at Propel Nonprofits, works at the intersection of community development finance and systems change. *"As a capacity builder, I am passionate about fostering connections to drive practical change,"* May-Kramer says. *"I want to help people and organizations improve and confront systems."* His work supports nonprofits – including those working in food access and community health – to build the financial resilience needed to sustain and scale programs that serve communities long-term.

Without access to capital, even the most visionary food businesses cannot survive. Propel Nonprofits plays a critical role in ensuring that community-based food organizations have the loans, financial tools, and organizational support they need to operate at the scale the crisis demands.



SUPPORTIVE HOUSING AS A GATEWAY TO FOOD ACCESS

Perhaps one of the most underexplored connections in the food security conversation is the link between stable housing and healthy eating. Douglas Mackbee, a Recording Artist and Supportive Housing Development Expert, brings a

uniquely cross-disciplinary lens to this issue. His expertise spans supportive housing program design, grant management, housing subsidy oversight, trauma-informed leadership, and intercultural development – a combination that positions him to understand how housing instability compounds food insecurity in real and measurable ways.

When people lack stable housing, maintaining a healthy diet becomes nearly impossible. No refrigerator. No kitchen. No address for food benefit delivery. Supportive housing programs that integrate food access – whether through on-site pantries, produce distribution, or partnerships with community greenhouses – recognize that shelter and nutrition are not separate problems. They are the same problem, and they require solutions that work across systems.



PARTNERSHIPS THAT MAKE IT WORK

No single organization can solve food insecurity alone. As the Community Forum series makes clear, the most effective approaches are built on collaboration – *"working across systems and industry sectors to innovatively co-create more resilient, healthy, and prosperous communities for all."* That means nonprofit lenders working alongside food entrepreneurs. It means supportive housing developers partnering with community growers. It means educators and poets doubling as nutrition advocates.

These partnerships also create advocacy pipelines. Residents who once simply received food begin to understand systems. They attend city meetings, push for zoning changes that allow urban agriculture, and become constituents who demand representation in conversations about their own neighborhoods.

FOOD ACCESS IS A JUSTICE ISSUE

At its core, Asian Media Access and the Northside Produce Prescription Advisory Committee sees the Produce Prescription movement is a justice movement. The neighborhoods most impacted by diet-related diseases – heart disease, diabetes, obesity, kidney disease – are disproportionately low-income communities of color. These are not coincidences of lifestyle. They are consequences of structural inequity built over generations.

Ensuring that every person, regardless of income or zip code, has access to fresh,

nutritious food is a baseline requirement of a just society. When community organizations grow food, distribute it freely, finance it responsibly, house people stably, and teach them how to nourish themselves – they are doing the work that policy has too often failed to do.

The Produce Prescription is more than a program. It is a statement: your health matters, your community matters, and the food you eat should reflect that.



For more information about the series of Discussion Forum that features voices from across the North Minneapolis working at the intersection of food access, community development, food entrepreneurship and public health. Please check out our video recording at APM TV channel: <https://www.youtube.com/watch?v=Ctzdz301q1M&t=3s>



Featured voices: Paul May-Kramer, Loan Officer & Financial Specialist, Propel Nonprofits | Shvonne L. Johnson, Educator, Poet & Food Entrepreneur, Life Juices & Sammy's Avenue Eatery | Douglas Mackbee, Recording Artist & Supportive Housing Development Expert



RECOVERING FRESH FOOD ACCESS IN MINNEAPOLIS AFTER OPERATION METRO SURGE

Asian Media Access and the Northside Produce Prescription Advisory Committee have supported few events during the April for the Earth Day, but with limited participation, one event was hosted at the public housing to distribute food and daily necessities, but still limited members participated, and the Team has come together to review and discuss the possible to restore reliable access to fresh fruits and vegetables for Minneapolis residents, particularly those most impacted by Operation Metro Surge.

THE PROBLEM: FRESH PRODUCE ACCESS COLLAPSED DURING THE SURGE

Operation Metro Surge (December 2025 – February 2026) resulted in at least \$203.1 million in community and economic impact, according to the City of Minneapolis' Preliminary Impact Assessment. An estimated **76,200 people** experienced food insecurity linked to the surge, requiring **\$2.4 million per week** to meet food assistance demand.

Critically, service providers reported a 50% reduction in client contact as families avoided public systems. This fear-based avoidance directly undermined fresh produce access because:

- Market Bucks (SNAP/EBT), FMNP (WIC), and SFMNP (seniors) all require in-person redemption at public farmers markets.

- Even Minneapolis' winter farmers markets—Mill City, Neighborhood Roots, Minneapolis Farmers Market, Northeast Farmers Market—sat largely empty.
- Food shelves reported a 50% drop in client contact, meaning fresh produce donations rotted unclaimed.
- Families fell back on canned, high-sodium foods, creating a secondary health crisis of elevated blood pressure and poor nutrition.

The core challenge is not a lack of fresh produce in the city. The core challenge is that terrified residents cannot safely access it.



THE PROBLEM: FRESH PRODUCE ACCESS COLLAPSED DURING THE SURGE

The Northside Produce Prescription Advisory Committee recognizes that no single solution will work for everyone. During the surge, different residents faced different barriers. Recovery requires multiple, parallel pathways to fresh produce access.

Pathway 1: Direct Delivery (Lowest Barrier for Fearful Residents)

Mutual aid networks (Casa Maria, Center for Victims of Torture, Project Brown Bag) proved that home delivery of fresh produce works. Residents who would not leave their homes accepted produce dropped at their doors. The committee recommends:

- Listing those resources at various facebook networks to expand the reach
- Continuing to build on the centralized database - SankofaPOWER for easy fresh produce access

Pathway 2: Restoring Trust in Public-Facing Programs

The City's voucher programs (Market Bucks, FMNP, SFMNP) are effective when residents feel safe using them. Before they can work again, trust must be rebuilt. The committee recommends:

- Public commitments from local and federal authorities that farmers markets will not be enforcement sites
- Volunteer "safety escorts" for seniors and WIC participants during market hours

Pathway 3: Spring Planting as One Tool for Fresh Produce Access - Growing Fresh Produce at Home or in Community Gardens

For residents who remain unwilling to visit public markets or stores, growing food at home provides a completely decentralized alternative. This pathway does not require trust in law enforcement, EBT cards, or public systems. It requires only seeds, soil, and knowledge. As the surge abated in late February 2026, Northside Produce Prescription Advisory Committee began emphasizing EARTH DAY events and spring planting as a way for residents to access fresh produce without relying on public-facing infrastructure. The Seed Library at the North Region Library allows residents to borrow seeds, grow produce, and return saved seeds for future seasons. This creates a self-sustaining, low-cost, low-trust pathway to fresh food. Seeds available include: cabbage, beets, lettuce, summer squash, oregano, basil, plus heirloom varieties (Morris Heading collards, Hot Fish peppers, Pinto bush beans, Homestead tomatoes, Perkins Long Pod okra). No sign-up is required, members can come to pick up seeds to plant for fresh produces. However, the committee emphasizes that **the seeds are not the goal—the fresh produce grown from them is the goal.**

CONCLUSION: FRESH PRODUCE ACCESS AS A RIGHTS ISSUE

The Northside Produce Prescription Advisory Committee views fresh produce access not as a luxury or a lifestyle choice, but as a fundamental component of health and human dignity. During Operation Metro Surge, that access was stripped away by fear—not by scarcity. The city had winter farmers markets. It had voucher programs. It had food shelves stocked with fresh donations. But terrified residents could not reach them. Recovery requires rebuilding not just infrastructure, but TRUST and enforcement-free market spaces are equally essential. And to community members: **Whether you get your fresh produce from a farmers market, a delivery volunteer, or a tomato plant on your balcony—the goal is the same. Eat fresh. Stay healthy. Do not let fear starve you.**

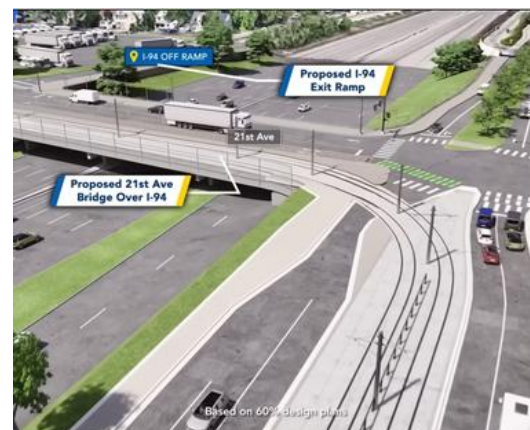


PHYSICAL ACTIVITY



BLUE LINE EXTENSION (BLE) COHORT HAS MOVED TO THE MOST CRITICAL STAGE TO ASSIST CITY OF MPLS FOR STATION DESIGN

After 9 months of planning and extensive meetings, the BLE Cohort (Asian Media Access is one of the lead agency) is ready to propose a detailed community engagement plan to the City of Minneapolis (City) **Department of Community Planning and Economic Development (CPED)** and **Public Works Department (Public Works)** to engage in the North Minneapolis Station Planning.



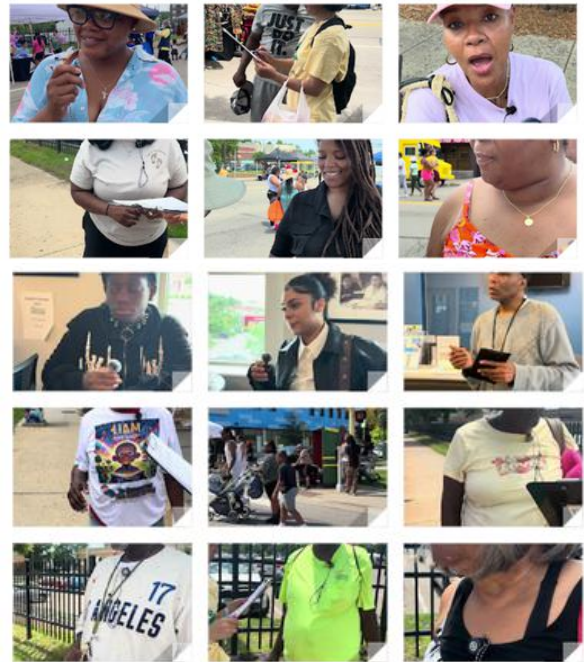
The METRO Blue Line Extension route within the Minneapolis city limits from the North follows:

- West Broadway in North Minneapolis with stations at both Lowry Avenue North and at Penn Avenue North;
- 21st Avenue North between James Avenue North and Lyndale Avenue North with stations near both of these cross streets;

- Washington Avenue to 10th Avenue North with stations near the intersections of Washington Avenue-West Broadway and Washington Avenue-Plymouth Avenue; and
- 10th Avenue North/Oak Lake Avenue to 7th Street North, connecting to Target Field Station in downtown Minneapolis.

The station area planning process will identify opportunities, coordinate investments, and explore and recommend implementation strategies that:

- Advance transit-oriented land use and development, housing production, business development, and workforce development;
- Strengthening connections to and within neighborhoods; and
- Promote community health and resiliency through leveraging planned infrastructure and transportation improvements that will be delivered as part of METRO Blue Line Extension.



The station area planning process will result in the production of a Station Area Action Plan to be adopted by the Minneapolis City Council. BLE Cohort **is proposed to the City to not just simply serving as community engagement partners. We are proposing a station area planning implementation engine that turns community voice into measurable public value, investable projects, anti-displacement tools, ownership pathways, and real corridor development capacity.**

BLE Cohort is in a strong position to lead the planning process:

- Deep Northside trust
- Policy and economic development experience
- Deep community engagement capacity
- Proven community Driven Capital Framework
- Community economic development Index measurement tool
- Ability to convene public, private, philanthropic, and community partners
- Ability to connect planning to implementation

Asian Media Access along with BLE Cohort have proposed below plan to urge the City to choose the BLE Cohort as the lead to host the community driven planning process:

A. Phase 1: Baseline, Trust & Infrastructure

Goal: Establish trust, visibility, and core systems.

- Launch **DREAM to Reality** campaign
- Corridor census + baseline (residents, businesses, displacement risk)
- Form **BLE Northside Roundtable**
- Corridor-wide **tabling + kickoff events + pop-up listening sessions**
- Introduce **“Stay, Grow, Own”** framework (housing stabilization, business growth, ownership)



B. Phase 2: Station Visioning & Public Value

Goal: Translate community voice into station-level development direction.

- Station-by-station engagement + workshops
- Opportunity mapping (housing, retail, cultural assets)
- Market + community needs analysis
- **Website station pages + targeted social campaigns + quarterly reports**
- Ongoing **tabling + business listening sessions**



Economic Focus:

- Housing strategies (affordability + anti-displacement)
- Retail corridor planning
- **Local business ownership pathways (key pivot)**

C. Phase 3: Project Readiness & Ownership

Goal: Move from vision to investable projects.

- Financial viability briefs for priority sites



- Launch **Community Ownership Academy**
- Developer–community roundtables
- **Project pipeline dashboard + investor/community briefings**
- Continued **tabling + ownership workshops**



Economic Focus:

- Housing development pathways
- Retail tenant matching + activation
- **Co-op and shared ownership models**
- Business transition support

D. Phase 4: Implementation & Governance

Goal: Deliver roadmap, funding strategy, and long-term accountability.

- Final station implementation plans
- **Blue Line Northside Implementation Fund (concept)**
- Final CBA framework
- **Major media campaign + public dashboard launch**
- Corridor summit + ongoing tabling (accountability phase)

Economic Focus:

- Execute housing + retail projects
- Scale **local ownership pipelines**
- Track outcomes (jobs, ownership, anti-displacement)

Looking forward for a Northside-wide collaboration to advance the transit oriented development. For more information and future collaboration, please connect with Asian Media Access' Executive Director – Ange Hwang at amamedia@amamedia.org.



PROJECT SUPPORT EVENTS

April 07

DRUG PREVENTION DISCUSSION

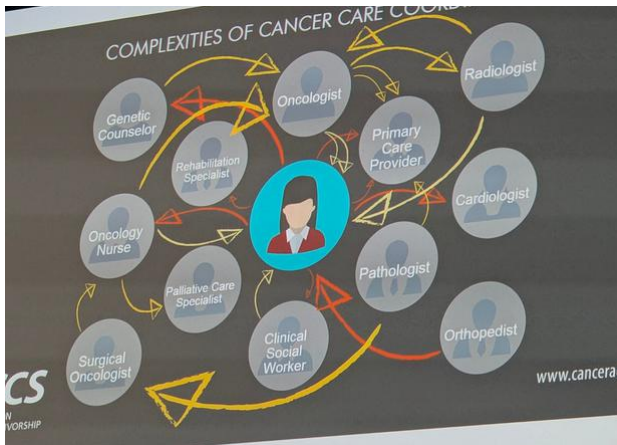
Asian Media Access joined the St. Paul Fitzgerald Park Neighborhood Alliance to host a community conversation on culturally responsive approaches to addressing youth drug addiction and how community leaders can support prevention, education, and recovery efforts.



April 11

CANCER SURVIVORS SYMPOSIUM - UNDERSTANDING OF PLANT-BASED DIETS

Asian Media Access partnered with Masonic Cancer Center, University of Minnesota for the Cancer Survivors Symposium, gaining valuable insights into whole person care and supportive approaches that promote the physical, emotional, social, and spiritual well-being of cancer survivors. The symposium highlighted important discussions on nutrition, stress management, coordinated care, and the importance of community support in improving quality of life throughout the cancer journey.



Wonderful white	Mellow yellow (and orange)	See red	Get the blues	Great greens
Contain allylic sulphides or alliums to prevent against carcinogens causing colon or stomach cancer and lower cholesterol.	Contain carotenoids beta and alpha carotene for healthy vision and immune system.	Contain carotenoids lycopene, lycopene, and anthocyanins to prevent cancer and improve cardiovascular health.	Blue or purple produce will contain anthocyanins to improve memory, healthy aging and urinary tract health.	Provide carotenoids called zeaxanthin and lutein for good vision and prevention of age-related macular degeneration.
Fruits Brown pears White nectarines White peaches	Fruits Apricots Cantaloupe Nectarines Peaches Yellow apples Yellow pears Yellow watermelon	Fruits Cherries Red apples Red grapes Pitted prunes Raspberries Strawberries Watermelon	Fruits Blackberries Blueberries Dried plums Pitted prunes Purple grapes Plums	Fruits Green apples Green grapes Green pears Honeydew
Vegetables Cauliflower Garlic Onions Potatoes (white fleshed) White corn	Vegetables Butternut squash Carrots Sweet corn Sweet potatoes Yellow beets Yellow peppers Yellow potatoes Yellow tomatoes	Vegetables Beets Radishes Red peppers Red onions Rhubarb Tomatoes	Vegetables Aubergine Purple asparagus Purple cabbage Purple carrots Purple peppers Potatoes (purple fleshed)	Vegetables Asparagus Broccoli Brussels sprouts Chinese cabbage Courgette/Cucumbers Green beans Green cabbage Green onions Green peppers Leafy greens Lettuce Peas Snow peas Sugar snap peas

Four Dimensions of Whole-Person Health

- Physical:** fatigue, pain, neuropathy, sleep issues, changes in appetite, body image, sexual health, etc.
- Emotional/mental:** anxiety, fear of recurrence, depression, "chemo brain," trauma from diagnosis/treatment.
- Social:** relationships, family roles, work/finances, sense of belonging or isolation.
- Spiritual/meaning:** questions like "Why me?," changes in faith or beliefs, sense of purpose, gratitude, and grief.



April 20

API DAY

Asian Media Access was proud to support API Day at the Minnesota State Capitol, bringing together community leaders, families, youth, and seniors for meaningful multi generational dialogue and cultural connection, with a special focus on Bicultural Healthy Living with physical exercise and fresh fruits/vegetables consumption. It was inspiring to see a strong turnout from diverse communities, including many Asian Indian seniors, celebrating unity, representation, and community engagement.



April 22

EARTH DAY WITH BETTER ACCESS TO FRUITS AND VEGETABLE

Asian Media Access was excited to support Earth Day alongside our partner Project Sweetie Pie at the Oak Park Community Garden to share City of Mpls' Voucher Incentive programs for fruits and vegetables and discussed the barriers for Northsiders to fresh fruits and vegetables. The event brought together community members through music, gardening, art, and shared conversations, creating a welcoming space focused on plant-based diets, sustainability, creativity, and neighborhood connection.



April 24

OUTREACH AT COOPER HIGH SCHOOL - UNDERSTANDING BICULTURAL HEALTHY LIVING

Asian Media Access partnered with Cooper High School to encourage students to stand against Anti Asian Hate through creative messages of unity, inclusion, and respect. Students shared thoughtful artwork and personal reflections, helping promote awareness, kindness, and stronger support for diverse communities within the school environment.



May 3

VIETNAMESE COMMUNITY OUTREACH EVENT

Asian Media Access and the Vietnamese Community of Minnesota hosted a workshop in both English and Vietnamese to engage the Vietnamese American community to better understand the Bicultural Healthy Living concepts. Participants learned about practical ways to promote sustainability, environmental awareness, and healthier living with physical activity and fresh fruits/vegetables consumptions through presentation and community discussion.



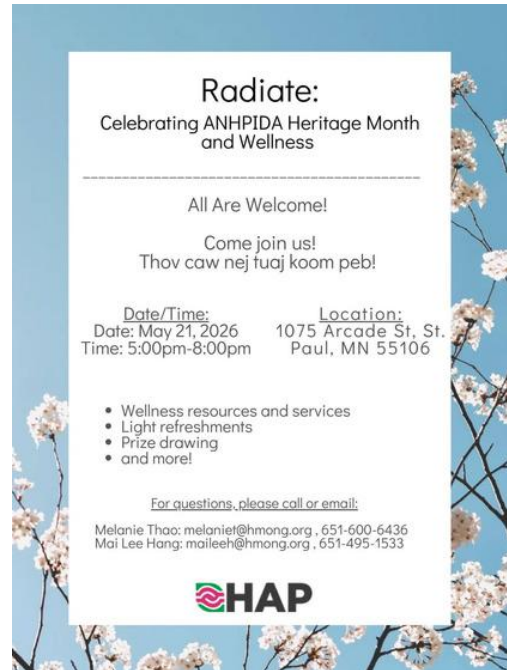
UPCOMING EVENTS

CELEBRATING ANHPIDA HERITAGE MONTH AND WELLNESS

DATE/TIME: Wednesday, May 21, 2026, 5:00pm-8:00 pm

PLACE: HAP, 1075 Arcade St, St. Paul, MN 55106

Join us May 21 from 5:00-8:00 pm at our St. Paul location as we celebrate Asian, Native Hawaiian, Pacific Islander, and Desi American Heritage Month. This is an evening for our community to connect with wellness resources that support healthier lives. We'll have wellness services and information on hand, light refreshments, a prize drawing, and more. All are welcome.



FLINT HILLS FAMILY FESTIVAL

DATE/TIME: May 27-29, 2026

<https://ordway.org/festival/>



For over 25 years, the Flint Hills Family Festival has brought communities together through the power of the arts, welcoming over a million students, teachers, and families since its conception in 2001. Join us to kick off each summer with thrilling performances, student matinees, art-making activities, and more. Exciting outdoor performances are free to attend, and inspiring, low-cost indoor performances are fun for the whole family!

2026 ASIAN FAIR

DATE/TIME: Saturday, May 30, 2026,
11:00am-7:00pm

PLACE: Hilde Performance Center, 3500
Plymouth Blvd, Plymouth, MN 55447,
<https://tcasianfair.org/event-highlights/>

Event Highlights Include:

- Cultural Parade showcasing traditional attire and community pride
- Live Performances on a large outdoor stage throughout the day
- K-pop Dance Experience, inviting attendees to join the fun
- Watermelon Eating Contest, a crowd favorite
- Authentic Asian Cuisine from a wide variety of food vendors
- Family-Friendly Activities and cultural games for all ages



IAM INDIA KNOWLEDGE OLYMPIAD

DATE/TIME: Sunday, June 7, 2026, 1:00pm-
5:00pm

PLACE: Brookdale Library (Full Meeting
Room ABC)
6125 Shingle Creek Pkwy, Suite 800,
Brooklyn Center, MN 55430

We are excited to invite your children to the first-ever IAM IKO written multiple-choice competition – a fun, low-pressure celebration of India's rich heritage, history, culture, and achievements!

NEIGHBORHOOD HEALTHSOURCE
Community Events



Save the dates!

Join us for an exciting lineup of **FREE** events happening this year! Our individual clinic community health fairs will have:

- music
- community resources
- raffle prizes
- kids activities
- free food
- and more!

All are welcome to attend!

For more information call 612-588-9411 or visit neighborhoodhealthsource.org

Follow us on social media for community and clinic updates!



THURSDAY
MAY 07
CENTRAL CLINIC CINCO DE MAYO COMMUNITY HEALTH FAIR
4:30-7PM at Central Clinic
2301 Central Ave NE
Minneapolis, MN 55418



FRIDAY
JUNE 12
TAKE PRIDE IN YOURSELF RESOURCE FAIR
5:30-8PM at LUSH Lounge & Theater
990 Central Ave NE
Minneapolis, MN 55413



THURSDAY
JULY 09
NORTH METRO CLINIC ICE CREAM SOCIAL COMMUNITY HEALTH FAIR
4:30-7PM at North Metro Clinic
10081 Dogwood Street NW, Suite 100
Coon Rapids, MN 55448

THURSDAY
AUGUST 06
FREMONT CLINIC FAMILY FUN FESTIVAL COMMUNITY HEALTH FAIR
4:30-7PM at Fremont Clinic
3300 Fremont Ave N
Minneapolis, MN 55412

THURSDAY
OCTOBER 29
SHERIDAN CLINIC TRUNK OR TREAT COMMUNITY HEALTH FAIR
4:30-7PM at Sheridan Clinic
342 13th Ave NE
Minneapolis, MN 55413



NEIGHBORHOOD HEALTHSOURCE COMMUNITY EVENTS

DATE/TIME: Friday, June 12, 2026,
5:30pm-8:00pm

PLACE: Take Pride in Yourself Resource Fair, 990 Central Ave NE Minneapolis, MN 55413

Join us for an exciting lineup of **FREE** events happening this year! Our individual clinic community health fairs will have:

- music
- community resources
- raffle prizes
- kids activities
- free food
- and more!

FREE FRESH FOOD FRIDAYS

DATE/TIME: 2nd and 4th Fridays of the month, May through September:

- June 12 & 26
- July 10 & 24
- August 14 & 28
- September 11 & 25

PLACE: NorthPoint main campus, north parking lot, corner of Penn Ave N & 14th Ave N

[Volunteer questions and application](#)
[Community tabling questions and reservations](#)

Tons of fresh fruits, vegetables, and community resources will be set up on each date, all summer long – rain or shine! Everyone in the community is welcome at this event.





Contact Us

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Partnering with

