



One Church Street Newsletter

Nourishing our community in body, mind and spirit.

2025 Vol. 1



Celebrated Chef Allie B. is cooking with OCS

Capital District celebrated chef, Allie B., owner of Allie B's Cozy Kitchen in Albany, is teaching classes as a part of our Food is Medicine programming. Classes will focus on cooking meals with affordable ingredients, and learning how the meal supports good health. Participants will see a demonstration, enjoy a meal together, and leave with the instructions and ingredients to prepare the meal at home. These Food is Medicine Cooking Classes are made possible by a grant from Brown's Ford of Johnstown.

First Course

"You know let's use half an onion...let's go more flavor with this," instructed Allie B. With that, knives started chopping and the students of the class were on their way to making Allie B's healthy turkey meatballs. When meatballs were seasoned, rolled, cooked, and sauce was added, the students and volunteers sat down for a feast complete with whole wheat pasta, spinach salad, bread, and lots of conversation. "The people who came were so happy to be there with us, and I felt like I was having a real Sunday Dinner with family when we all sat down together to eat," reflected Mtr. Laurie.

More, Please

You will be able to watch the cooking classes on our website under **Food is Medicine** or on our **YouTube channel**. The next class is scheduled for May 4.



Recipe for: A Community Kitchen

Ingredients:

- ✓ Beautiful light-filled room
- ✓ Elevator to make it accessible to all
- ✓ Commercial appliances
- ✓ Lots of room for multiple people to work
- ✓ Space for cooking demonstrations
- ✓ Commercial dishwasher

\$1.45 in final funding for the project

Directions:

Please visit **OneChurchStreet.org** to find out how *you* can serve our community!

STORAGE MAINTAINS
ACCESS TO
WINDOWS ALONG
EXTERIOR WALL

36" CART,
CONVENIENT
LOCATION FOR
MOVING

DISHWASHING
REMOTE FROM FOOD
STORAGE AND
PREPARATION

COOK AND PREP
LINES VISIBLE
FROM COUNTER
SHUTTER FOR
DEMONSTRATION

3'-4" DOOR TO
ACCOMMODATE
36" CART

2nd floor proposed kitchen equipment
layout at One Church Street,
Johnstown, N.Y.



Join One Church Street in fighting food insecurity in our community



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