

Brownsville &
East New York
Healthy Eating |
Free Active Living
Community Resources



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Introduction

We don't picture a small town in upstate New York as a "desert" but that's the description given to areas in the United States where there is a lack of access to healthy food like fresh fruits and vegetables. These areas with very limited access to supermarkets are homes to 23 million Americans who live in low-income neighborhoods that are more than a mile away from a supermarket. Because traveling to the nearest supermarket can be a 30-minute bus ride or a one-mile walk, people normally rely on the food that is conveniently available to them which may, for the most part, not be a healthy choice. This presents an important issue, mostly in low-income neighborhoods, where the lack of access to healthy food shares a direct relationship with the high rates of obesity and diabetes. In the United States, childhood obesity has tripled over the past 30 years with the highest statistic being reported from poor communities. Today, more than a third of adults in the country are obese. In Brownsville and East New York, we know that eating healthy and being physically active needs to become a part of many residents' daily life.

Though supermarkets may not be easily accessible, there are other healthy resources that are available in low-income areas to allow people to make better and healthier choices. One of the most useful resources includes **NYC Green Carts** which are mobile food carts that provide fresh produce in communities that lack access to fresh fruits and vegetables in New York City. Vendors sell everything from tropical fruits, such as mangoes and papaya to more common produces like green beans, carrots, and apples. Another resource, perhaps the most intriguing of them, are **NYC Farmers' Markets**. Along with offering a great variety of healthy food choices, they support local farmers. **Health Bucks**, which offers families a \$2 coupon for every \$5 in EBT sales at a farmers' market. Many of the produces sold in the farmers' markets are grown in community gardens which are a means of producing nutritious food and providing an opportunity for social interactions, recreation, and

and exercise. They also allow for produce to be sold at more affordable prices because they are grown in the neighborhood. Because farmers' markets are seasonal, people are encouraged to purchase enough produce to store in the freezer to be later consumed. Healthy eating comes with making healthier choices by taking advantage of the available resources in the community. In response, the City has established the **Food Retail Expansion to Support Health (FRESH)** program. FRESH provides zoning and financial incentives to promote the establishment and retention of neighborhood grocery stores in underserved communities throughout the five boroughs. Stores participating in the program must follow predetermined guidelines for eligibility.

Being physically fit is just as important as eating healthy. Regular physical activity is one of the best things you can do for your health. Though finding time can be hard, it is important to be physically active for at least 30 minutes every day. Physical activity lowers your chances of obesity, diabetes, heart disease, hypertension, and depression. **Shape Up NYC** offers free fitness classes for all ages in the five boroughs ranging from high to low intensity including activities such as yoga, dance, aerobics, and gymnastics. Bring your friends and enjoy a workout while improving your health and spending quality time with those you care about. You can also go for a bike ride in the four and a half miles of bike lanes through Brownsville. Brownsville and East New York are planned to be connected to Brooklyn's major commercial centers and parks by a bike lane network extending for 11 miles. Hopefully, providing a greater and safer space for bikers will encourage people to go for a bike ride, a fun and effective way to get fit.

Eating healthy and active living are important factors to a healthy lifestyle. Make your health your priority. A look at this guide will give you more information about the healthy resources available to you in the Brownsville and East New York community.

With detailed information about locations, dates, and services provided by these resources, you can choose to benefit from resources most convenient to you.

Brownsville & East New York Farmers Markets

1. Brownsville Community Farmers' Market
514 Rockaway Ave at Sutter Ave
Sat, 8:30am – 3:30pm mid-Jul – mid-Nov
2. Brownsville Pitkin Avenue Youthmarket
Thomas Boyland St bet Pitkin & Sutter Aves
Sat, 9:30am – 4:00pm mid-Jul – late-Nov
3. Brownsville Rockaway Youth market
Rockaway & Livonia Aves
Fri, 1:00pm – 7:00pm mid-Jul – late-Nov
4. Cypress Hills Youth Market
3208 Fulton St, 11208
Richmond St & Force Tube Ave
Fri, 2:00pm- 6:00pm mid-Jul – late-Nov
5. East New York Farms Stand
301 New Lots Ave, 11207
New Lots Ave at Georgia Ave
Wed, 3:30pm – 6:30pm Jul-Oct
6. East New York Farmers Market
612 New Lots Ave, 11207
Schenck Ave bet New Lots Ave & Livonia Ave
Sat, 9:00am – 3:00pm, late Jun – mid Nov
7. Isabahlia Farmers Market
410 Livonia Ave
Sat, 8:00am – 4pm June-Nov
8. Project Eats Market
400 Pennsylvania Ave, 11207
Dumont Ave & Blake Ave
Fri, summer and fall

Green Carts

Green Carts are mobile food carts that offer fresh produce in New York City neighborhoods with limited access to healthy foods. A Green Cart only sells fresh fruits and vegetables.

1. Crown Heights: Eastern Pkwy & Utica Avenue
2. Brownsville: Howard Ave & Pitkin Ave
3. Brownsville: Pitkin Ave & Rockaway Ave

Community Gardens

1. Amboy Neighborhood Garden
199 Amboy St. 11212
Sutter Ave. & Blake Ave.

2. Clara's Garden
260 Schenck Ave, 11207

3. Cleveland Vegetable Garden
433 Cleveland St. 11208

4. Crystal Wells Garden
1 Wells Street, 11208

5. El Jardin Del Pueblo
2358 Pitkin Avenue 11207

6. Elton Court Garden/UJIMA II
317 Elton St. 11208

7. Essex Garden
3025 Fulton St, 11208

8. Euclid 500
552 Euclid Avenue, 11208

9. Hands and Hearts Garden
293 New Lots Ave. 11207

10. New Visions Garden
590 Schenck Ave, 11207

11. Our Lady of the Presentation Garden
1661 St. Marks Street 11213
Eastern Parkway corner of Rockaway

12. Paradise PS4 Garden
676-696 Glenmore Ave, 11207

13. Phoenix Community Garden
2037 Fulton Street 11233

14. St. John Cantius Garden
500 New Jersey Ave, 11207

15. Ujima Community Garden
660 New Jersey Ave. 11207

16. Warwick Greenery Glow
601 Warwick Street, 11207

Shop Healthy

Shop Healthy, has worked with more than 1,000 shops in East and Central Harlem, the South Bronx, and Central Brooklyn to promote healthy foods such as fresh fruits and vegetables, whole grain bread, low-fat milk and dairy products, and low-salt and no-sugar-added canned goods.

1. Blue Corner Grocery
591 Sutter Ave, 11207
Sheffield Ave & Georgia Ave
Open Daily
2. Dona Tata
730 Hegeman Ave, 11207
Barbey St & Schenck Ave
Open Daily
3. Hamza Express
559 New Lots Ave, 11207
Hendrix St & Riverdale Ave
Open Daily
4. JVP Deli Grocery
2740 Pitkin Ave, 11208
Pine St & Euclid Ave
Open Daily
5. Mosquea Food
880 New Lots Ave, 11208
Berriman St & Shepherd Ave
Open Daily
6. New Lots Deli Plaza
621 Jerome St, 11207
McClancy Pl & New Lots Ave
Open Daily
7. Pitkin Farms
2757 Pitkin Avenue, 11208
Crescent St & Pine St
Open Daily
8. VJU
772 Miller Ave, 11207
Hegeman Ave & New Lots Ave
Open Daily
9. 860 Gourmet Deli
860 New Lots Ave, 11208
Berriman St & Shepherd Ave

Fresh Program

The *FRESH Program* offers zoning incentives and financial benefits in these underserved communities. Its goal is to encourage the development and retention of convenient, accessible stores that provide fresh meat, fruit and vegetables, and other perishable goods in addition to a full range of grocery products.

1. Fresh Grounds
595 Sutter Avenue, 11207
Mon-Thurs 10am-5pm (summer)
2. Lots Fruit & Vegetables
758 New Lots Ave, 11207
Cleveland St & Ashford St
Open Daily
3. Associated Supermarket
103 Hegeman Ave.
4. Baez Food Corp.
44 New Lots Ave
5. Blessings Food
578 Rockaway Ave.
6. Food Bazaar
417 Junius St.
7. Key Food
⇒ 800 Rockaway Ave.
⇒ 29 Belmont Ave.
8. Powell Supermarket
323 Powell ST.
9. S & S Grocery
92 Livonia Ave.
10. 3 Sisters Deli
269 Dumont Ave

FRESH Projects

1. Food Bazaar
417 Junius Street, 11212

Active Living Resources

1. Arts East New York
851 Hegeman Avenue, 11208
Hegeman Ave at Cleveland St
Community Recreation, Youth Programs
Age: Everyone

2. Brownsville Recreation Center – NYC Parks & Recreation
1555 Linden Blvd, 11212
(718) 345-2706
Programs: Shape up aerobics, basketball, fitness equipment, and swimming
Ages: children and Adults

3. Cypress Hills Local Development Corp Beacon
350 Linwood St, 11208
Atlantic Ave & Liberty Ave
(718) 277-3522
Programs: Aerobics, afterschool programs, girls basketball and volleyball, football, martial arts, weight training
Ages: Children and Adults

4. Lucille Roberts
1541 Pitkin Avenue, 11212
(718)498-7300
Programs: Aerobics, Fitness equipment, Dance, Weight Training
Ages: Adults (women only)

5. North Brooklyn YMCA
570 Jamaica Ave, 11208
Shepherd Ave & Highland Pl
Community Recreation, Youth Programs, Pool
Daily 5:00am- midnight

6. Pitkin Berriman Site
2500 Pitkin Avenue, 11208
Shepherd Ave & Berriman St
Community Recreation, Youth Programs

Ages: Children

7. Police Athletic League Beacon at IS 218
370 fountain Ave, 11208
Dumont Ave & Blake Ave
(718) 277-1928
Programs: Afterschool programs

8. Police Athletic League Brownsville Beacon at JHS Kappa 5
985 Rockaway Avenue, 11212
(718) 485-2719
Programs: Afterschool programs, basketball, fitness equipment, dance, flag football, step teams, and tennis
Ages: Children and adults

9. Tilden Community Center- NYC Housing Authority
630 Mother Gaston Boulevard, 11212
(718) 495-0910
Programs: Fitness Equipment
Ages: Adults

10. Van Dyke Community Center- NYC Housing Authority
392 Blake Avenue, 11212
(718) 485-3719
Programs: Fitness equipment and open gym
Ages: Children and adults

11. Dancing Thru Pregnancy
Program: Total Pregnancy Fitness
Ages: Pregnant / Expecting mothers
444 Thomas S Boyland Street (between E. New York & Pitkin) , 11212
Ages: Pregnant and Parenting Mothers

Seasonal Fitness Programs

1. Children's Sports and Fitness Expo- BodySculpt of New York

Season- Summer

Check for times and locations at <http://bodysculpt.org/>

Sport clinics: archery, baseball, basketball, cheerleading, fencing, football, golf, gymnastics, hip hop, jump rope, soccer, step, tennis, track & field, volleyball, and much more!

Age: Everyone

Mission: to educate parents and children about obesity and offer healthy lifestyle alternatives, in physical fitness and nutrition.

2. Emblem Health

Season – Fall

Sign up at EmblemHealthLiveHealthy.com or call 1-866-653-1705

Location: IS 271, 1137 Herkimer Street, Brooklyn, NY 11233

Activities: total body conditioning, Afro-Caribbean Dance, holiday themed cooking demos, health education

1. Arts East New York

851 Hegeman Avenue, 11208

Hegeman Ave at Cleveland St

Community Recreation, Youth Programs

Age: Everyone

2. Brownsville Recreation Center – NYC Parks & Recreation

1555 Linden Blvd, 11212

(718) 345-2706

Programs: Shape up aerobics, basketball, fitness equipment, and swimming

Ages: children and Adults

3. Cypress Hills Local Development Corp Beacon

350 Linwood St, 11208

Atlantic Ave & Liberty Ave

(718) 277-3522

Programs: Aerobics, afterschool programs, girls basketball and volleyball, football, martial arts, weight training

Ages: Children and Adults

Shape Up NYC

Shaping Up has never been this easy! Shape Up NYC offers free fitness classes every week at dozens of locations across the five boroughs. Shape Up NYC classes are taught by expert fitness instructors who know how to make fitness fun. Class offerings are varied and include aerobics, yoga, pilates and zumba.

1. Betsy Head Field House

Livonia Ave between Hopkinson & Amboy streets,
11212

(718) 257-1636

Mon. 9:00am – 11:00am

Wed. 9:00am – 11:00am

Fri. 9:00am – 11:00am

Age: Everyone

Aerobics: Cardio exercise class combining strength and toning exercises.

2. Betsy Head Pool

Hopkinson & Dumont Avenues

Tuesdays & Thursdays

Free swim: 9:00am – 10:00am

Senior aquatics class: 10:00am – 10:45am

Ages: Seniors

3. Brownsville Recreation Center

1555 Linden Boulevard, 11212

(718) 485-4633

Tues. 9:00am – 11:00am

Wed. 9:00am – 11:00am

Age: Adult, Senior

Fitness for the Mind & Body: This exhilarating fitness class is designed to build physical, mental and spiritual muscle, and is adaptable to any fitness level. This class improves joint mobility, spinal flexibility, right-left brain coordination, kinesthetic learning, cognitive function, systemic health, balance, self-esteem, confidence and playfulness.

4. Brownsville Recreation Center

1555 Linden Boulevard, 11212

(718) 485-4633

Wed. 7:00pm- 9:00pm

Age: Teen, Adult, Senior

Step Aerobics: a moderate, low-intensity workout intended to help you burn calories!

5. Brownsville Recreation Center

1555 Linden Boulevard, 11212

(718) 485-4633

Fri. 7:00pm- 8:00pm

Age: Teen, Adult, Senior

Yoga: an open level class with a focus on bringing awareness to the body through core strengthening and total body flexibility.

6. Dancing thru Pregnancy

444 Thomas Boyland Street, 11233

Between East New York and Pitkin

Wed. 12:00pm- 1:00pm

Dance Routines

Age: Everyone

7. East New York SDA Church

510 Elton Street, 11208

Sat. 8:30am – 9:30am

Age: Adult, Senior

Low Impact Aerobics: a moderate heart-pumping workout combining strength and toning exercises to help burn calories and improve heart health.

8. Riverway Innovative Senior Center

230 Riverdale Avenue, 11212

718-942-5345

Thurs. 3:30pm – 4:30pm

Age: Adult, Senior

Low Impact Aerobics: a moderate heart-pumping workout combining strength and toning exercises to help burn calories and improve heart health.

9. Van Dyke II Senior Center (NYCHA)

430 Dumont Avenue, 11212

Wed. 11:00am – 12:00pm

Age: Adult, Senior

Aerobics: Cardio exercise class combining strength and toning exercises.

10. Van Dyke II Senior Center (NYCHA)

430 Dumont Avenue, 11212

Thurs. 11:00am – 12:00pm

Age: Adult, Senior

Low Impact Aerobics: a low intensity, heart-pumping workout combining strength and toning exercises to help burn calories and improve heart health.

Parks and Pools

1. Betsy Head Park
Blake Ave., Dumont Ave., Livonia Ave. bet. Strauss St., Hopkinson Ave. and Bristol St. 11212
Community Recreation, Playgrounds, Sports: Baseball Fields, Basketball Courts, Football Fields, Handball Courts, Outdoor Pools, Running Tracks
2. Betsy Head Memorial Playground
Dumont Ave. & Bristol St. 11212
Accessible playgrounds with transfer platforms and ground level play features
3. Breukelen Ballfields
Glenwood Rd, 11208
Louisiana Ave. & Williams Ave.
Open Daily
Community Recreation, Sports: Baseball Field and Handball Courts
4. Callahan-Kelly Playground
Eastern Pkway at Fulton St. 11233
Accessible playground with transfer platform and ground play features
5. Carter G. Woodson Children's Park
Christopher St. 11212
Sutter Ave. & Belmont Ave.
Playgrounds
6. Chester Playground
Bristol St. 11212
Sutter Ave. and Pitkin Ave.
Community Recreation, Playgrounds,
Sports: Basketball Courts, Handball Courts
7. City Line Park
Atlantic Ave, 11207
Fountain Ave & South Conduit Ave
Community Recreation, Sports: Baseball Fields, Basketball and Handball Courts
8. Coleman Playground
Fulton St.
Saratoga Ave. and Thomas S. Boyland St.
9. Dr. Richard Green Playground, 11212
Sutter Ave. at Mother Gaston Boulevard
Community Recreation, Playgrounds,
10. Floyd Paterson Field
Mother Gaston Boulevard at Newport St. 11212
Sports: Baseball Fields
11. Fresh Creek Nature Preserve
Louisiana Ave, 11208
Twin Pines DR & Seaview Ave
Community Recreation, Walk Trails
12. Highland Park
Jamaica Ave, 11207
Warwick St & Highland Blvd
Community Recreation, Walk/Bike Trails,
Sports: Basketball, Handball, and Tennis Courts
13. Houston Playground
Sackman St. 11212
Glenmore Ave. & Liberty Ave.
Community Recreation, Playgrounds, Sports: Basketball Courts, Handball Courts
14. Howard Houses Park and Pool
Mother Gaston Boulevard at Glenmore Ave. 11212
And East New York Ave. at St. Mark's Ave. 11212
Community Recreation, Playgrounds,
Sports: Basketball Courts, Handball Courts, Outdoor Pools
15. Linden Park
Linden Ave, 11208
Van Siclen Ave & Vermont St
Community Recreation, Sports: Basketball, Handball, and Tennis Courts and Soccer Fields, Track
16. Marion-Hopkinson Playground
Marion St. at Thomas S. Boyland St. 11233
Playgrounds, Sports: Basketball Courts, Handball Courts, Volleyball Courts
17. Martin Luther King Junior Playground
Dumont Ave & Blake Avenue, 11207
Bradford St & Miller Ave
Community Recreation, Sports: Basketball and Handball Courts
18. Nehemiah Park
Watkins St. 11212
Livonia & Riverdale Ave.
Playgrounds, Sports: Handball Courts

19. Newport Playground
Riverdale Ave. 11212
Thatpord Ave. & Osborn St.
Playgrounds, Sports: Basketball Courts, Handball Courts

20. Ocean Hill Playground
Dean St., Bergen St. 11233
Rockaway Ave. & Hopkinson Ave.
Playgrounds, Sports: Basketball Courts, Handball courts

21. Osborn Playground
Hegeman Ave. at Thatford Ave. 11212
Playgrounds, Sports: Basketball Courts, Handball Courts

22. P.S. 125 Playground
Rockaway Ave. 11212
Blake Ave. & Dumont Ave.
Playgrounds

23. Powell Playground
Sackman St. to Powell St. 11212
Glenmore Ave. & Pit Ave.
Playgrounds, Sports: Handball Courts

24. Saratoga Ballfields
Hopkinson Ave. 11233
Pacific St. and Dean St.
Playgrounds

25. South Pacific Playground
Howard Ave. at Dean St. 11233
Playgrounds, Sports: Basketball Courts

26. Spring Creek Park
Pennsylvania Ave, 11208
Belt Pkwy
Community Recreation, Walk Trails

27. Sutter Ballfields
Sutter Ave, 11207
Schenck Ave & Barbey St
Community Recreation, Sports: Baseball Fields

28. Van Dyke Playground
Dumont Ave. 11212
Mother Gaston Boulevard & Powell St.
Playgrounds, Sports: Handball Courts

Bike Lanes

Your guide to bicycling in Brownsville and East New York

Types of Lanes:

Standard: Standard lanes are located between a vehicle lane and the parking lane.



Curbside: Curbside lanes are painted directly next to a curb on the side of a street without parking.

1. Bergen Street from Howard Avenue to East New York Avenue
Standard
2. Buffalo Avenue (east fork) from Eastern Parkway to East New York Avenue
Standard, Curbside
3. East New York Avenue from Prospect Place to Mother Gaston Boulevard
Standard
4. East New York Avenue from Utica Avenue to Howard Avenue
Standard, Curbside
5. Empire Boulevard from Bedford Avenue to East New York Avenue
Standard
6. Maple Street from Flatbush Avenue to Utica Avenue
Standard
7. Mother Gaston Boulevard from Liberty Avenue to East New York Avenue
Standard
8. Rockaway Parkway from East New York Avenue to Hegeman Avenue