

# April 2018

## Program Calendar







Programs at 1884 Davenport Road Entrance at the back of the building.

Phone: 416-652-7867

Programs at The Green Barn, 601 Christie Street Phone: 416-651-7867

thestop.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Breakfast 9am-10am ID Clinic 9am-10:30am Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>3</p> <p>Breakfast 9am-10am Housing Support Worker 9am-12pm Community Advocacy 12am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm</p>	<p>4</p>  <p>Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm</p>	<p>5</p> <p>Breakfast 9am-10am Family Support 9:30am-11am Community Advocacy 12am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Sabor Latino 3:30pm-7:30pm</p>	<p>6</p> <p>Breakfast 9am-10am Food Demo 10:30am-12pm Food Bank 11am-3pm Community Advocacy 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm</p>
<p>9</p> <p>Breakfast 9am-10am ID Clinic 9am-10:30am Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>10</p> <p>Breakfast 9am-10am Community Advocacy 11am-2pm Good Food Market 11am-3pm Lunch 12pm-1pm</p>	<p>11</p>  <p>Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm <b>Volunteer Appreciation Party 5:30pm – 8:00pm</b></p>	<p>12</p> <p>Breakfast 9am-10am Family Support 9:30am-11am Community Advocacy 12am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Just a Pinch of Soul 3pm-6:30pm</p>	<p>13</p> <p>Breakfast 9am-10am Food Demo 10:30am-12pm Food Bank 11am-3pm Community Advocacy 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm</p>
<p>16</p> <p>Breakfast 9am-10am ID Clinic 9am-10:30am Community Advocacy 11pm-3pm Food Bank 11am-3pm Lunch 12pm-1pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>17</p> <p>Breakfast 9am-10am Housing Support Worker 9am-12pm Community Advocacy 12pm-3pm Good Food Market 11am-3pm Lunch 12pm-1pm</p>	<p>18</p>  <p>Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm</p>	<p>19</p> <p>Breakfast 9am-10am Family Support 9:30am-11am <b>Dental Bus 9:30-2:30pm</b> Community Advocacy 12am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Sabor Latino 3:30pm-7:30pm</p>	<p>20</p> <p>Breakfast 9am-10am Food Demo 10:30am-12pm Food Bank 11am-3pm Community Advocacy 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm</p>
<p>23</p> <p>Breakfast 9am-10am ID Clinic 9am-10:30am Community Advocacy 11pm-3pm Food Bank 11am-3pm Lunch 12pm-1pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>24</p> <p>Breakfast 9am-10am Community Advocacy 11am-2pm Good Food Market 11am-3pm Lunch 12pm-1pm <b>EarlsCourt Garden Volunteer Registration 10am @ 1884</b></p>	<p>25</p>  <p>Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm</p>	<p>26</p> <p>Breakfast 9am-10am Family Support 9:30am-11am Community Advocacy 12am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Just a Pinch of Soul 3pm-6:30pm</p>	<p>27</p> <p>Breakfast 9am-10am Food Demo 10:30am-12pm Food Bank 11am-3pm Community Advocacy 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm</p>
<p>30</p> <p>Breakfast 9am-10am ID Clinic 9am-10:30am Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>				



The Stop Community Food Centre strives to increase access to healthy food in a manner that maintains dignity, builds health and community, and challenges inequality.

[thestop.org](http://thestop.org)

## Food of the Month: Beets

Beets are loaded with vitamins A, B1, B2, B6 and C. The greens have a higher content of iron compared to spinach. They are also an excellent source of calcium, magnesium, copper, phosphorus, sodium and iron.



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While the sweet beet root has some of the minerals in its greens to a lesser degree, it is also a remarkable source of choline, folic acid, iodine, manganese, organic sodium, potassium, fiber and carbohydrates in the form of natural digestible sugars.

Its iron content, though not high, is of the highest and finest quality that makes excellent food that is blood building. This renders it highly effective in treating many ailments caused by our toxic environment and surrounding. Eat your BEETS!

### SAUTÉED BEETS

Place a frying pan with a lid over medium heat. Add a little extra-virgin olive oil (1 teaspoon should do it).

When the oil is hot, add pre-peeled diced or chopped beets. Stir. Add a few Tablespoons of water\*\* and cover with lid.

Saute for 5-15 minutes, depending on how small you have made them. Beets are done when they are tender to your liking.

**\*\* Adding a little water or other liquid (such as vegetable broth) to the pan ensures that the oil does not ever get too hot and makes for a very tender result plus, you use less oil this way, which is healthier.**

### BAKED BEETS

- Unlike other cooking methods, there is no need to scrub the beets with water, because the water would cause the beets to steam. So simply clean, off any dirt with a paper towel, if desired.
- Trim the roots and stems to 1/2". Place the beets in an ovenproof baking dish and cover (foil works fine).
- Bake at 400 degrees for one hour, or until tender. (Depending on the size of the beets, you may have to cook them a little longer.) Remove from oven and let cool.
- Then simply slip the skins and root off with your fingers. You can leave the tail on if you are eating the beets whole, or take it off. Beets can be chopped, sliced or diced at this point.