

# August 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

Breakfast 9-10am, Lunch 12-1pm: Mon, Tues, Thurs, Fri

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p>  <p>Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2-4pm <b>Earlscourt Garden Session 10-12</b></p>	<p>2</p> <p>Family Support 9:30am-11am <b>Emotional Wellness Peer Support Group 10-12</b> Community Advocacy 11am-3pm Foodbank 11am-3pm <b>Earlscourt garden session 5-7</b> (Sabor Latino Cancelled)</p>	<p>3</p> <p>Food Bank 11am-3p Community Advocacy 10am-2pm Drop-in Movie Screening 1:30pm</p>
<p>6</p>  <p><b>The Stop Community Food Centre Closed</b></p>	<p>7</p> <p>Housing Support Worker 9am-12pm <b>Earlscourt youth session 10-12</b> Community Advocacy 12-3pm Good Food Market 11am-3pm</p>	<p>8</p>  <p>Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm <b>Earlscourt Garden session 10-12</b></p>	<p>9</p> <p>Family Support 9:30am-11am <b>Emotional Wellness Peer Support Group 10-12</b> Community Advocacy 11am-3pm Food Bank 11am-3pm (Just a pinch of Soul <b>Cancelled</b>) <b>Earlscourt garden session 5-7</b></p>	<p>10</p> <p>Food Bank 11am-3pm Community Advocacy 10am-2pm Drop-in Movie Screening 1:30pm</p>
<p>13</p> <p>ID Clinic 9am-10:30am <b>Earlscourt Garden Sessioon 10-12</b> Community Advocacy 11pm-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>14</p> <p><b>Earlscourt youth session 10-12</b> Community Advocacy 10-2pm Good Food Market 11am-3pm</p>	<p>15</p>  <p>Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm <b>Earlscourt Garden session 10-12</b></p>	<p>16</p> <p>Family Support 9:30am-11am <b>Emotional Wellness Peer Support Group 10-12</b> Community Advocacy 12-3pm Food Bank 11am-3pm Sabor Latino 3:30pm-7:30pm <b>Earlscourt garden session 5-7</b></p>	<p>17</p> <p>Food Bank 11am-3pm Community Advocacy 10am-2pm Drop-in Movie Screening 1:30pm</p>
<p>20</p> <p>ID Clinic 9am-10:30am <b>Earlscourt Garden Sessioon 10-12</b> Community Advocacy 11am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>21</p> <p>Housing Support Worker 9am – 12p <b>Earlscourt Youth session 10-12</b> Community Advocacy 12pm-3pm Good Food Market 11am – 3pm</p>	<p>22</p>  <p>Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm <b>Earlscourt Garden session 10-12</b></p>	<p>23</p> <p>Family Support 9:30am-11am <b>Emotional wellness Peer Support Group 10-12</b> Community Advocacy 11am-3pm Food Bank 11am-3pm (Just a pinch of Soul <b>Cancelled</b>) <b>Earlscourt garden session 5-7</b></p>	<p>24</p> <p>Food Bank 11am-3pm Community Advocacy 10am-2pm Drop-in Movie Screening 1:30pm</p>
<p>27</p> <p>ID Clinic 9am-10:30am <b>Earlscourt Garden Sessioon 10-12</b> Community Advocacy 11am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>28</p> <p><b>Earlscourt youth session 10-12</b> Community Advocacy 10-2pm Good Food Market 11am-3pm</p>	<p>29</p>  <p>Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm <b>Earlscourt Garden Session 10-12</b></p>	<p>30</p> <p>Family Support 9:30am-11am <b>Emotional Wellness Peer Support Group 10-12</b> Community Advocacy 11am-3pm Foodbank 11am-3pm <b>Earlscourt garden session 2-4</b> Sabor Latino 3:30-7:30pm</p>	<p>31</p> <p>Food Bank 11am-3pm Community Advocacy 10am-2pm Drop-in Movie Screening 1:30pm</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: Sweet Peppers and Eggplant



Red, Orange, and Yellow Bell Peppers are full of great health benefits—they're packed with vitamins and low in calories! They are an excellent source of vitamin A, vitamin C, and potassium. Bell Peppers also contain a healthy dose of fiber, folate, and iron.

1 1/2 teaspoons butter

- 1/2 cup chopped onion
  - 1/3 cup diced red bell pepper
  - 2 garlic cloves, sliced
  - 2 cups thawed frozen corn
  - 1/4 teaspoon salt
- 
- 1/4 teaspoon black pepper

Melt butter in a skillet over medium-high heat. Add onion, bell pepper, and garlic; sauté 3 minutes. Add corn, salt, and pepper; sauté 3 minutes - enjoy



Long prized for its deeply purple, glossy beauty as well as its unique taste and texture, eggplants are now available in markets throughout the year, but they are at their very best from August through October when they are in season. **Eggplant** is a very good source of dietary fiber, vitamin B1 and copper. It is a good source of manganese, vitamin B6, niacin, potassium, folate and vitamin K. **Eggplant** also contains phytonutrients such as nasunin and chlorogenic acid.

An easy and quick way to prepare eggplant, and tasty too! I serve it with sliced fresh tomatoes, fresh green beans and bread and butter. An inexpensive meal from my childhood and still a favorite!"

### Ingredients

- 2 tablespoons canola oil
  - 1 large eggplant, peeled and sliced
  - 3 eggs, beaten
- 2 cups dry bread crumbs

### Directions

1. Heat oil in a large skillet over medium-high heat. Dip eggplant slices in egg, then in crumbs, and place in hot oil. Fry 2 to 3 minutes on each side, or until golden brown. Drain on paper towels - enjoy