

# July 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 The Stop Community food Centre Closed</p> 	<p>3</p> <p>Breakfast 9am-10am Housing Support Worker 9am-12pm Community Advocacy 12-3pm 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 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm <b>Earlscourt garden session 2-4</b> Sabor Latino 3:30pm-7:30pm</p>	<p>6</p> <p>Breakfast 9am-10am Food Bank 11am-3pm Community Advocacy 10am-2pm Lunch 12pm-1pm Movie Screening 1:30pm</p>
<p>9</p> <p>Breakfast 9am-10am ID Clinic 9am-10:30am <b>Volunteer info session 10am</b> 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 <b>Earlscourt youth session 10-12</b> Community Advocacy 10am-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>Earlscourt Garden session 10-12</b></p>	<p>12</p> <p>Breakfast 9am-10am Family Support 9:30am-11am Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Just a pinch of Soul 3pm-6:30pm <b>Earlscourt garden session 5-7</b></p>	<p>13</p> <p>Breakfast 9am-10am Food Bank 11am-3pm Community Advocacy 10am-2pm Lunch 12pm-1pm Movie Screening 1:30pm</p>
<p>16</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>17</p> <p>Breakfast 9am-10am Housing Support Worker 9am-12pm <b>Earlscourt youth session 10-12</b> Community Advocacy 12pm-2pm 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 <b>Earlscourt Garden session 10-12</b></p>	<p>19</p> <p>Breakfast 9am-10am Family Support 9:30am-11am Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Sabor Latino 3:30pm-7:30pm <b>Earlscourt garden session 5-7</b></p>	<p>20</p> <p>Breakfast 9am-10am Food Bank 11am-3pm Community Advocacy 10am-2pm Lunch 12pm-1pm Movie Screening 1:30pm</p>
<p>23</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>24</p> <p>Breakfast 9am-10am <b>Earlscourt youth session 10-12</b> Community Advocacy 10am-2pm Good Food Market 11am-3pm Lunch 12pm-1pm</p>	<p>25</p>  <p>Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm <b>Earlscourt Garden session 10-12</b></p>	<p>26</p> <p>Breakfast 9am-10am Family Support 9:30am-11am Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Just a pinch of Soul 3pm-6:30pm <b>Earlscourt garden session 5-7</b></p>	<p>27</p> <p>Breakfast 9am-10am Food Bank 11am-3pm Community Advocacy 10am-2pm 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>	<p>31</p> <p>Breakfast 9am-10am <b>Earlscourt youth session 10-12</b> Community Advocacy 10pm-2pm Good Food Market 11am-3pm Lunch 12pm-1pm</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: Zucchini

### BENEFITS OF ZUCCHINI



Helps to prevent cancer and cardiovascular diseases

Protects against infections and diseases

Helps maintain optimal health

Beneficial in losing weight

Aids in treating benign prostatic hypertrophy in men

Gives relief from aching symptoms of rheumatoid arthritis

[www.organicfacts.net](http://www.organicfacts.net)

## Sauteed Zucchini

### *ingredients*

- 2 tablespoons olive oil
  - 4 medium zucchini, thinly sliced
  - 2 cloves garlic, finely chopped
  - 1 tablespoon fresh oregano or marjoram, chopped
- 
- Kosher salt and black pepper

### *How to Make It*

#### *Step 1*

*Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Add half the zucchini and cook, stirring twice, until golden brown, 10 to 12 minutes. Transfer to a plate and repeat with the remaining tablespoon of oil and zucchini.*

#### *Step 2*

*Return the first batch of zucchini to the skillet along with the garlic to the skillet along with the garlic, oregano, ½ teaspoon salt, and ¼ teaspoon pepper. Cook, tossing gently, until the garlic is fragrant, 1 to 2 minutes.*