

# May 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

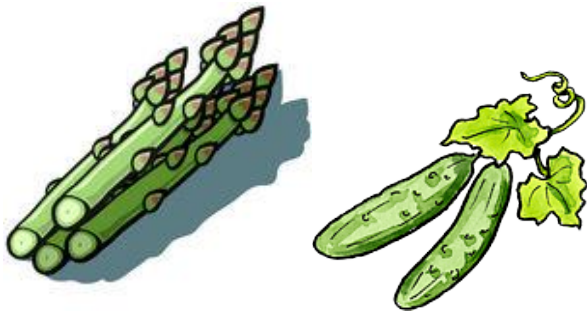
thestop.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Breakfast 9am-10am Housing Support Worker 9am-12pm Community Advocacy 12am-2pm Good Food Market 11am-3pm Lunch 12pm-1pm	2  Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm	3 Breakfast 9am-10am Community Advocacy 12am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Sabor Latino 3:30pm-7:30pm	4 Breakfast 9am-10am Food Demo 10:30am-12pm Food Bank 11am-3pm Community Advocacy 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm
7 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	8 Breakfast 9am-10am Community Advocacy 11am-2pm Good Food Market 11am-3pm Lunch 12pm-1pm	9  Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm	10 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	11 Breakfast 9am-10am Food Demo 10:30am-12pm Food Bank 11am-3pm Community Advocacy 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm
14 Breakfast 9am-10am ID Clinic 9am-10:30am <b>Volunteer Orientation 10-11:30am</b> Community Advocacy 11pm-3pm Food Bank 11am-3pm Lunch 12pm-1pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm	15 Breakfast 9am-10am Housing Support Worker 9am-12pm Community Advocacy 12pm-2pm Good Food Market 11am-3pm Lunch 12pm-1pm	16  Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm	17 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	18 Breakfast 9am-10am Food Demo 10:30am-12pm Food Bank 11am-3pm Community Advocacy 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm
21  <b>Victoria Day Holiday</b>	22 Breakfast 9am-10am Community Advocacy 11am-2pm Good Food Market 11am-3pm Lunch 12pm-1pm	23  Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm	24 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	25 Breakfast 9am-10am Food Demo 10:30am-12pm Food Bank 11am-3pm Community Advocacy 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm
28 Breakfast 9am-10am ID Clinic 9am-10:30am <b>Dental Bus 9am-2:30pm</b> Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm	29 Breakfast 9am-10am Community Advocacy 11am-2pm Good Food Market 11am-3pm Lunch 12pm-1pm	30  Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm	31 Breakfast 9am-10am Family Support 9:30am-11am Community Advocacy 12am-3pm Food Bank 11am-3pm Lunch 12pm-1pm	



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: Asparagus and Cucumber



**Asparagus** is a nutritional powerhouse: **It's a good source of vitamin K (important for strong bones and blood clotting) and antioxidants**, which repair damage done by free radicals and can help reduce risk of serious health problems like heart disease, diabetes, and cancer. With a **very low calorie content — only 27 calories per cup, or about 12 small spears** — asparagus is an ideal veggie to add to any plate.

### Cucumber Fun Facts

Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

Feeling tired in the afternoon? Put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

### Roasted Asparagus

1 bunch asparagus Olive oil (or other vegetable oil)  
Salt and pepper Preheat your oven to 400.

- Snap off the tough ends of the asparagus, about 1 inch from the end. Toss with a splash of oil, salt and pepper. Spread onto a baking sheet or in a large baking pan.
- Cook in the oven for 10-15 minutes, depending on how crispy you like them, and how thick or thin your asparagus is. Try sprinkling some parmesan cheese or a squeeze of lemon on at the end Enjoy!

### Quick Cucumber Salad

2 cups thinly sliced and peeled cucumber  
salt to taste  
1/4 cup white balsamic vinegar  
2 tablespoons olive oil (optional)  
1/2 teaspoon dried dill weed  
2 tomatoes, chopped, or more to taste

### Directions

1. Spread cucumber slices in a thin layer on a large platter. Sprinkle salt generously over the cucumber. Let salt soak into cucumber slices for about 30 minutes.
2. Transfer cucumber to a colander and rinse with cold water; drain thoroughly and transfer to a dry surface. Pat cucumbers dry with paper towel.
3. Whisk vinegar, olive oil, sugar, and dill together in a large bowl. Add cucumber slices and tomatoes; toss to coat Enjoy!