

September 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>3</p>  <p>The Stop Community Food Centre Closed</p>	<p>4</p> <p>Community Advocacy 10am – 2pm Good Food Market 11-3pm</p>	<p>5</p>  <p>Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2-4pm</p>	<p>6</p> <p>Family Support 9:30am-11am Emotional Wellness Peer Support Group 10-12 Community Advocacy 11am-3pm Foodbank 11am-3pm Earls court garden session 5-7 Sabor Latino 3;30-7:30pm</p>	<p>7</p> <p>Food Bank 11am-3p Community Advocacy 10am-2pm Drop-in Movie Screening 1:30pm</p>
<p>10</p> <p>ID Clinic 9-10:30am Earls court Garden Session 10am – 12pm Community Advocacy 11pm-3pm Volunteer info session 10am – 11:30am Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>11</p> <p>Earls court youth session 10-12pm Community Advocacy 10am-2pm Good Food Market 11am-3pm</p>	<p>12</p>  <p>Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm</p>	<p>13</p> <p>Family Support 9:30am-11am Emotional Wellness Peer Support Group 10-12 Community Advocacy 11am-3pm Food Bank 11am-3pm Just a pinch of Soul Earls court Garden Session 2pm-4pm</p>	<p>14</p> <p>Food Bank 11am-3pm Community Advocacy 10am-2pm Drop-in Movie Screening 1:30pm</p>
<p>17</p> <p>ID Clinic 9am-10:30am Earls court Garden Session 10am-12pm Community Advocacy 12pm-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>18</p> <p>Housing Support Worker 9am – 12p Community Advocacy 10am-2pm Good Food Market 11am-3pm Drop-in Food Demo</p>	<p>19</p>  <p>Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm</p>	<p>20</p> <p>Family Support 9:30am-11am Emotional Wellness Peer Support Group 10-12 Community Advocacy 11am-3pm Food Bank 11am-3pm Sabor Latino 3:30pm-7:30pm Earls court garden session 2pm -4pm</p>	<p>21</p> <p>Food Bank 11am-3pm Community Advocacy 10am-2pm Drop-in Movie Screening 1:30pm</p> <p>Join us for our Annual Good Food For All Festival and Community March on Saturday September 22 11:30am to 3:00pm</p> 
<p>24</p> <p>ID Clinic 9am-10:30am Earls court Garden Sessioon 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>25</p> <p>Community Advocacy 10am-2pm Good Food Market 11am – 3pm</p>	<p>26</p>  <p>Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm</p>	<p>27</p> <p>Family Support 9:30am-11am Emotional wellness Peer Support Group 10-12 Community Advocacy 11am-3pm Food Bank 11am-3pm (Just a pinch of Soul Cancelled) Earls court garden session 2pm-4pm</p>	<p>28</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

Food of the Month: Tomatoes and Corn



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