

# AUGUST 2017






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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Breakfast 9am-10am <sup>1</sup> Housing Support Worker 9am-11am Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm Outdoor Pizza Oven &amp; Good Food Market 4pm-6pm*</p>	 <p>Healthy Beginnings <sup>2</sup> 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm-4pm</p>	<p>Breakfast 9am-10am <sup>3</sup> Family Support 9:30am-11am Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Earlscourt Garden Session 2pm-4pm Sabor Latino 3:30pm-7:30pm</p>	<p>Breakfast 9am-10am <sup>4</sup> Food Demo 10:30am-12:30pm Embroidery Circle 10:30am-11:30am Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm Couponing Workshop 1:30pm-2:30pm</p>
<p><b>CLOSED</b> <sup>7</sup></p>	<p>Breakfast 9am-10am <sup>8</sup> Computer Class 10:30am-11:30am Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm Outdoor Pizza Oven &amp; Good Food Market 4pm-6pm*</p>	 <p>Healthy Beginnings <sup>9</sup> 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm-4pm</p>	<p>Breakfast 9am-10am <sup>10</sup> Family Support 9:30am-11am Emotional Wellness Group 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Earlscourt Garden Session 2pm-4pm Just a Pinch of Soul 3pm-6:30pm</p>	<p>Breakfast 9am-10am <sup>11</sup> Food Demo 10:30am-12:30pm Embroidery Circle 10:30am-11:30am Community Advocacy 11am-1pm^ Food Bank 11am-1pm^ Lunch 12pm-1pm <i>^Drop-in, Food Bank &amp; Advocacy Office will close at 1pm today.</i></p>
<p>Breakfast 9am-10am <sup>14</sup> ID Clinic 9am-10:30am Make Your Own Shopping Bag: Part 1 10:30am-11:30am Earlscourt Garden Session 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Bingo 1:30pm Men's Cooking Group 2:30pm-5:30pm</p>	<p>Breakfast 9am-10am <sup>15</sup> Housing Support Worker 9am-11am Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm English-as-a-Second Language (ESL) Conversation Circle 1:30pm-2:30pm Outdoor Pizza Oven &amp; Good Food Market 4pm-6pm*</p>	 <p>Healthy Beginnings <sup>16</sup> 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm-4pm</p>	<p>Breakfast 9am-10am <sup>17</sup> Family Support 9:30am-11am Emotional Wellness Group 10am-12pm Macramé Plant-Hanger Workshop 10:30am-11:30am Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Earlscourt Garden Session 2pm-4pm Sabor Latino 3:30pm-7:30pm</p>	<p>Breakfast 9am-10am <sup>18</sup> Food Demo 10:30am-12:30pm Embroidery Circle 10:30am-11:30am Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm</p>
<p>Breakfast 9am-10am <sup>21</sup> ID Clinic 9am-10:30am Volunteer Info Session 10am-12pm Earlscourt Garden Session 10am-12pm Make Your Own Shopping Bag: Part 2 10:30am-11:30am Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Bingo 1:30pm Men's Cooking Group 2:30pm-5:30pm</p>	<p>Breakfast 9am-10am <sup>22</sup> Computer Class 10:30am-11:30am Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm Outdoor Pizza Oven &amp; Good Food Market 4pm-6pm*</p>	 <p>Healthy Beginnings <sup>23</sup> 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm-4pm</p> <p><b>Earlscourt Garden Open House 5pm-7pm</b></p>	<p>Breakfast 9am-10am <sup>24</sup> Family Support 9:30am-11am Emotional Wellness Group 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Pesto-Making Workshop 2pm-3pm Earlscourt Garden Session 2pm-4pm Just a Pinch of Soul 3pm-6:30pm</p>	<p>Breakfast 9am-10am <sup>25</sup> Food Demo 10:30am-12:30pm Embroidery Circle 10:30am-11:30am Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm</p>
<p>Breakfast 9am-10am <sup>28</sup> ID Clinic 9am-10:30am Earlscourt Garden Session 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Bingo 1:30pm Men's Cooking Group 2:30pm-5:30pm</p>	<p>Breakfast 9am-10am <sup>29</sup> Cooking Demo with Suzie Durigon 10:30am-11:30am Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm Wellness Workshop 1:30pm-2:30pm</p>	 <p>Healthy Beginnings <sup>30</sup> 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm-4pm</p>	<p>Breakfast 9am-10am <sup>31</sup> Family Support 9:30am-11am Emotional Wellness Group 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Earlscourt Garden Session 2pm-4pm</p>	<p><i>*held behind the Davenport-Perth Neighbourhood and Community Health Centre at 1900 Davenport Rd.</i></p>

## **OUTDOOR PIZZA OVEN & GOOD FOOD MARKET!**

Tuesdays, 4pm to 6pm  
until Tuesday, August 22nd

Join us for our outdoor pizza oven in the space behind our neighbours at 1900 Davenport Road, where you'll also find a smaller Good Food Market.

## **VOLUNTEER INFO SESSION**

1884 Davenport Road, Blue Room  
Monday, August 21st  
10am to 12pm

Are you interested in volunteering at The Stop? Register for our volunteer information session to learn more about our volunteer program and current opportunities.

Contact Sonia at [sonia@thestop.org](mailto:sonia@thestop.org) or 416-652-7867 ext. 249.

## **EARLSCOURT OPEN HOUSE!**

Earlscourt Garden, Earlscourt Park  
Wednesday, August 23rd\*  
5pm to 7pm

Join us for our annual open house at Earlscourt Garden! Come take a tour of the garden, meet the community volunteers, join a mini compost demo, and enjoy music, stories, snacks, kids' activities, and more! For more information, contact Yuan or Chelsea at 416-652-7867 ext. 241.

*\*In case of rain, the Open House will be rescheduled for Thursday, August 24th.*



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)

# **AUGUST 2017**



## **FOOD OF THE MONTH: SWEET & HOT PEPPERS!**

Peppers are an excellent source of vitamins C & A and folic acid, and a good source of fiber, especially when eaten raw.

Think of peppers like carrots: chop them up and start carrying them around with you for a quick, nutritious snack.

Generally, the smaller the pepper, the hotter it is, so handle peppers with care. Remove seeds and veins where most of the heat lies, and remember to wash your hands before touching your eyes!

### **Spanish Omelette**

#### **Ingredients:**

- 3 tsp extra-virgin olive oil
- 3 cloves of garlic, minced
- 1/2 yellow onion, finely chopped
- 1 3/4 lbs. potatoes, unpeeled and cut into 1/2" cubes
- 1 cup thinly sliced red peppers
- 8 eggs, lightly beaten
- Salt and freshly ground black pepper, to taste
- 1 1/2 packed cups of washed and dried spinach (optional)

#### **Preparation:**

1. Heat 2 tsp of oil in a skillet over medium-high heat. Add the garlic and onions and cook for about 2 minutes. Add the potatoes, salt, and pepper, and stir well. Cover and cook for about 15 minutes, until potatoes are tender. Transfer to a large bowl. Add the spinach and toss well. Let cool 10 minutes.

2. Stir peppers and eggs into the potatoes. Heat another 1/2 tsp of oil over medium-heat. Transfer mixture to the skillet and cook until ends are set and the bottom is brown, about 12 minutes. Flip the omelette and cook on the other side for 5 minutes. Serve with toast or a salad, or on its own.

Enjoy!