

DECEMBER 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Breakfast 9am-10am Food Demo 10:30am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm
4 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	5 Breakfast 9am-10am Housing Support Worker 9am-12pm Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm	6  Healthy Beginnings 10am-1pm	7 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	8 Breakfast 9am-10am Food Demo 10:30am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm
11 Breakfast 9am-10am ID Clinic 9am-10:30am Volunteer Info Session 10am-11:30am Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm	12 Breakfast 9am-10am Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm	13  Healthy Beginnings 10am-1pm	14 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	15 Breakfast 9am-10am Food Demo 10:30am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm
18 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	19  Breakfast 9am-10am Community Advocacy 11am-3pm Good Food Market 11am-3pm Hanukkah Lunch 12pm-1pm	20  Healthy Beginnings 10am-1pm	21  Breakfast 9am-10am Family Support 9:30am-11am Community Advocacy 11am-3pm Food Bank 11am-3pm Christmas Turkey Lunch 12pm-1pm Sabor Latino 3:30pm-7:30pm	22  Christmas Brunch 11am-1pm Community Advocacy 11am-2pm Food Bank 11am-2pm Movie Screening 1:30pm
25  CHRISTMAS DAY CLOSED	26  BOXING DAY CLOSED	27  CLOSED	28  Breakfast 9am-10am Family Support 9:30am-11am Community Advocacy 11am-3pm Food Bank 11am-3pm Kwanzaa Lunch 12pm-1pm	29 Breakfast 9am-10am Community Advocacy 11am-2pm Food Bank 11am-2pm Lunch 12pm-1pm

HOLIDAY CLOSURES

The Stop Community Food Centre will be **closed** on December 25th, 26th, 27th and on January 1st.

On **December 22nd**, the Drop-in will be open from 7:30AM to 2PM, with a **Holiday Brunch** served from 10AM to 12PM.

HAPPY HOLIDAYS!



the stop
community food centre

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.

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FOOD OF THE MONTH: SQUASH

Winter Green Leaves Salad with Butternut Squash and Almonds

Ingredients:

- 8 tablespoons extra-virgin olive oil
- 3 tablespoons balsamic vinegar
- 1 ½ medium shallots, minced
- 1 teaspoon Dijon mustard
- salt and black pepper to taste
- 1 ½ cups ½-inch cubed butternut squash
- 1 bunch kale, stems removed, cut into 1/2-inch
- 1 bunch collard greens, stems removed, cut into 1/2-inch
- 3/4 cup whole almonds, roasted and coarsely chopped
- Parmesan cheese to taste

Preparation:

1. Preheat oven to 425°.
2. Line a baking sheet with foil.
3. Whisk 5 tbsp oil, vinegar, shallots, and Dijon mustard in a small bowl. Add ½ tsp salt and 5 tsp pepper. Set aside.
4. Add 2 tbsp oil in a medium bowl with squash, and toss. Season with salt and pepper. Transfer squash to prepared baking sheet and roast, turning occasionally, until squash is tender and lightly golden, about 20 minutes.
5. Meanwhile, heat up 1 tbsp oil in a large skillet over high heat. Add winter green leaves (kale and collard), and cook, tossing frequently, until bright green and slightly wilted, 1-2 minutes. Remove from heat; add 3 tbsp dressing and toss to coat. Transfer winter green leaves to a baking sheet and cool slightly, about 5 minutes.
6. Add reserved squash and almonds to winter green leaves. Adjust salt and pepper, tossing well. Serve and top with Parmesan cheese.

Enjoy!