

February 2018




Program Calendar



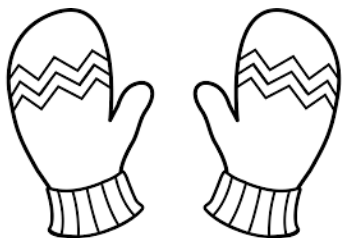
Programs at 1884 Davenport Road Entrance at the back of the building.
Phone: 416-652-7867

Programs at The Green Barn, 601 Christie Street Phone: 416-651-7867

thestop.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Breakfast 9am-10am Family Support 9:30am-11am Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Sabor Latino 3:30pm-7:30pm	2 Breakfast 9am-10am Food Demo 10:30am-12pm Food Bank 11am-3pm Community Advocacy 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm
5 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	6 Breakfast 9am-10am Housing Support Worker 9am-12pm Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm	7  Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm	8 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	9 Breakfast 9am-10am Food Demo 10:30am-12pm Food Bank 11am-3pm Community Advocacy 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm
12 Breakfast 9am-10am ID Clinic 9am-10:30am Volunteer Info Session 10am-11:30am Community Advocacy 12pm-3pm Food Bank 11am-3pm Lunch 12pm-1pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm	13 Breakfast 9am-10am Community Advocacy 12pm-3pm Good Food Market 11am-3pm Lunch 12pm-1pm	14  Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm	15 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	16 Breakfast 9am-10am Food Demo 10:30am-12pm Food Bank 11am-3pm Community Advocacy 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm
19 Family Day The Stop Community Food Centre Closed	20 Breakfast 9am-10am Housing Support Worker 9am-12pm Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm	21  Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm	22 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	23 Breakfast 9am-10am Food Demo 10:30am-12pm Food Bank 11am-3pm Community Advocacy 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm
26 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	27 Breakfast 9am-10am Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm	28  Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm		

WARMING CENTRE HOURS



The Stop's "Out of the Cold" program offers a warm and welcoming space in our Drop-in, beginning at 7:30am every weekday. The program runs until March 2018.



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

Sweet Potato Bread

Food of the Month: The mighty Sweet Potatoe

Ingredients:

- 1 ½ Cups White Sugar
- ½ Cup Vegetable Oil
- 1 ¾ Cups Flour
- 1 Teaspoon Baking Soda
- ¼ Teaspoon Salt
- ½ Teaspoon Cinnamon
- ½ Teaspoon Nutmeg
- 1/3 Cup Water
- 1 Cup Cooked & Mashed Sweet Potatoes
- ½ Cup Chopped Pecans

Directions:

1. Combine sugar and oil; beat well. Add eggs and beat.
2. Combine flour, baking soda, salt, cinnamon and nutmeg. Stir flour mixture into egg mixture alternately with water.
3. Stir in sweet potatoes and chopped nuts.
4. Pour batter into greased 9x5 inch loaf pan (or 2 small loaf pans). Bake at 350 degrees F for one hour.

Did you know?

Sweet potatoes contain vitamin B6, C and D which help prevent heart attacks and build health bones, skin teeth and heart.