

January 2018

Program Calendar




Programs at 1884 Davenport Road Entrance at the back of the building.

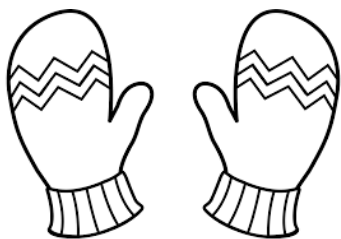
Phone: 416-652-7867

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

thestop.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Breakfast 9a m-10am Housing Support Worker 9am-12pm Community Advocacy 12pm-3pm Good Food Market 11a m-3pm Lunch 12pm-1pm	3	4 Breakfast 9a m-10am Food Bank 11a m-3pm Lunch 12pm-1pm	5 Breakfast 9a m-10am Food Bank 11a m-3pm Lunch 12pm-1pm
8 Breakfast 9a m-10am ID Clinic 9a m-10:30am Community Advocacy 11a m-3pm Food Bank 11a m-3pm Lunch 12pm-1pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm	9 Breakfast 9a m-10am Community Advocacy 11a m-3pm Good Food Market 11a m-3pm Lunch 12pm-1pm	10  Healthy Beginnings 10a m-1pm	11 Breakfast 9a m-10am Family Support 9:30am-11am Community Advocacy 11a m-3pm Food Bank 11a m-3pm Lunch 12pm-1pm Sabor Latino 3:30pm-7:30pm	12 Breakfast 9a m-10am Food Demo 10:30a m-12pm Community Advocacy 11a m-3pm Food Bank 11a m-3pm Lunch 12pm-1pm Movie Screening 1:30pm
15 Breakfast 9a m-10am ID Clinic 9a m-10:30am Volunteer Info Session 10am-11:30am Community Advocacy 12pm-3pm Food Bank 11a m-3pm Lunch 12pm-1pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm	16 Breakfast 9a m-10am Housing Support Worker 9am-12pm Community Advocacy 12pm-3pm Good Food Market 11a m-3pm Lunch 12pm-1pm	17  Healthy Beginnings 10a m-1pm	18 Breakfast 9a m-10am Family Support 9:30a m-11am Community Advocacy 11a m-3pm Food Bank 11a m-3pm Lunch 12pm-1pm Just a Pinch of Soul 3pm-6:30pm	19 Breakfast 9a m-10am Food Demo 10:30a m-12pm Community Advocacy 11a m-3pm Food Bank 11a m-3pm Lunch 12pm-1pm Movie Screening 1:30pm
22 Breakfast 9a m-10am ID Clinic 9a m-10:30am Community Advocacy 11a m-3pm Food Bank 11a m-3pm Lunch 12pm-1pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm	23 Breakfast 9a m-10am Community Advocacy 11a m-3pm Good Food Market 11a m-3pm Lunch 12pm-1pm	24  Healthy Beginnings 10a m-1pm	25 Breakfast 9a m-10am Family Support 9:30a m-11am Community Advocacy 11a m-3pm Food Bank 11a m-3pm Lunch 12pm-1pm Sabor Latino 3:30pm-7:30pm	26 Breakfast 9a m-10am Food Demo 10:30a m-12pm Community Advocacy 11a m-3pm Food Bank 11a m-3pm Lunch 12pm-1pm Movie Screening 1:30pm
29 Breakfast 9a m-10am ID Clinic 9a m-10:30am Community Advocacy 11a m-3pm Food Bank 11a m-3pm Lunch 12pm-1pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm	30 Breakfast 9a m-10am Community Advocacy 11a m-3pm Good Food Market 11a m-3pm Lunch 12pm-1pm	31  Healthy Beginnings 10a m-1pm		

WARMING CENTRE HOURS



It's been a brutally cold winter. 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

HAPPY NEW YEAR!

FOOD OF THE MONTH: TURNIP & RUTABAGA



Turnips contain cancer-fighting phytochemicals, calcium, iron, and plenty of vitamin C. Like rutabagas (which are sometimes used interchangeably with turnips) and potatoes, turnips can be roasted, pan-fried or cooked in a microwave.

Turnip & Potato Patties

Ingredients:

- 1/2 pound turnips, peeled & cut into 1/4-inch cubes (about 1 1/3 cups)
- 6 oz potato, peeled & cut into 1/2-inch cubes (about 1 cup)
- 2 1/2 tbsps thinly-sliced scallions, shallots or onion
- 1 egg, beaten lightly
- 1/4 cup all-purpose flour
- Canola oil (or other high smoke point vegetable oil)
- Salt and pepper

Preparation:

1. Cook the turnip and potato cubes in boiling, salted water for 15 to 17 minutes, or until tender. Drain them, then transfer to a large bowl, mash with a fork, and stir in scallions, egg, flour, and salt and pepper to taste.
2. Coat the bottom of a large, heavy-bottomed skillet with about 1/4-inch of oil. Heat the pan on medium-high heat until the surface of the oil begins to shimmer, but not smoke.
3. Spoon 1/4-cup mounds of the turnip-potato batter into the pan, flattening them into 1/2-inch thick patties with the back of a spatula. Fry the patties until they are golden, turning them once, about 4 minutes on each side. Transfer the patties to paper towels to drain off excess oil.
4. Enjoy!