

March 2018


Program Calendar



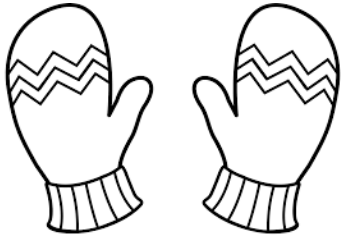
Programs at 1884 Davenport Road Entrance at the back of the building. Phone: 416-652-7867

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

thestop.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Breakfast 9am-10am 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 12am-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 Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Just a Pinch of Soul 3pm-6:30pm	9 Breakfast 9am-10am Family Support 9:30am-11am 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 10-11:30am Community Advocacy 11pm-3pm Food Bank 11am-3pm Lunch 12pm-1pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm	13 Breakfast 9am-10am Community Advocacy 11pm-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 Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Sabor Latino 3:30pm-7:30pm	16 Breakfast 9am-10am Family Support 9:30am-11am Food Demo 10:30am-12pm Food Bank 11am-3pm Community Advocacy 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm
19 Breakfast 9am-10am ID Clinic 9am-10:30am Community Advocacy 11pm-3pm Food Bank 11am-3pm Lunch 12pm-1pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm	20 Breakfast 9am-10am Housing Support Worker 9am-12pm Community Advocacy 12am-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 Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Just a Pinch of Soul 3pm-6:30pm	23 Breakfast 9am-10am Family Support 9:30am-11am 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	29 Breakfast 9am-10am Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm	30 Good Friday The Stop Community Food Centre CLOSED

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

Mushrooms

Food of the Month: The mighty Mushroom



Garlicky Mushrooms

Ingredients:

- 2 Tbs. olive oil
- 10 cloves garlic, sliced
- 40 large white button mushrooms, quartered
- 2 tablespoon vinegar (red or white wine vinegar)
- 2 Tbs. chopped parsley

Directions:

- Heat oil in skillet over low heat. Add garlic, and cook 1 minute or until transparent.
- Add mushrooms, and cook 10 minutes without stirring.
- Add vinegar, and cook until liquid has evaporated and mushrooms are browned.
- Stir in parsley, and cook 2 minutes. Season with salt and pepper, if desired. Serve hot or at room temperature

Did you know?

Mushrooms have a great deal of nutritional value, they are full of micronutrients, and there're considered among the Superfoods. Mushrooms are low in carbohydrates and high in fiber. They are a good source of B-vitamins (riboflavin, pantothenic acid, and niacin), iron, and selenium.