

MAY 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
<p>Breakfast 9am-10am ¹ ID Clinic 9am-10:30am Quilting Class* 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 ² Housing Support Worker 9am-12pm Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm</p>	<p> Healthy Beginnings ³ 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm-4pm</p>	<p>Breakfast 9am-10am ⁴ Family Support 9:30am-11am Yoga 10:30am-11:30am (Blue Room) Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Sabor Latino 3:30pm-7:30pm</p>	<p>Breakfast 9am-10am ⁵ 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 Extreme Couponing Workshop 1:30pm-2:30pm</p>
<p>Breakfast 9am-10am ⁸ ID Clinic 9am-10:30am Volunteer Info Session 10am-12pm Earlscourt Garden Session 10am-12pm Quilting Class* 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 ⁹ Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm Telling Your Story Workshop 2pm-3pm</p>	<p> Healthy Beginnings ¹⁰ 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm-4pm</p>	<p>Breakfast 9am-10am ¹¹ Family Support 9:30am-11am Yoga 10:30am-11:30am (Blue Room) 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 ¹² 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 ¹⁵ ID Clinic 9am-10:30am Earlscourt Garden Session 10am-12pm Quilting Class* 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 ¹⁶ Housing Support Worker 9am-12pm Making Your Own Laundry Detergent Workshop 10:30am-11:30am Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm</p>	<p> Healthy Beginnings ¹⁷ 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm-4pm</p>	<p>Breakfast 9am-10am ¹⁸ Family Support 9:30am-11am Emotional Well-Being Support Group 10am-12pm (Blue Room) Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Bee-Keeping 101 1:30pm-2:30pm Earlscourt Garden Session 2pm-4pm Sabor Latino 3:30pm-7:30pm</p>	<p>Breakfast 9am-10am ¹⁹ 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>VICTORIA DAY CLOSED ²²</p>	<p>Breakfast 9am-10am ²³ Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm English-as-a-Second-Language (ESL) Workshop 1:30pm-2:30pm</p>	<p> Healthy Beginnings ²⁴ 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm-4pm</p>	<p>Breakfast 9am-10am ²⁵ Family Support 9:30am-11am Emotional Well-Being Support Group 10am-12pm (Blue Room) Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Cooking Demo with Microgreens 1:30pm-2:30pm Earlscourt Garden Session 2pm-4pm Just a Pinch of Soul 3pm-6:30pm</p>	<p>Breakfast 9am-10am ²⁶ 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 Greenhouse Drop-in 2pm-4pm</p>
<p>Breakfast 9am-10am ²⁹ ID Clinic 9am-10:30am Earlscourt Garden Session 10am-12pm Quilting Class* 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 ³⁰ Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm</p>	<p> Healthy Beginnings ³¹ 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm-4pm</p>	<p>*advance registration required for Quilting Class on Mondays with Lauren</p>	

GREENHOUSE DROP-IN

The Stop's Greenhouse, 601 Christie Street
Friday, May 26th
2pm to 4pm

Everyone is welcome to drop-by and enjoy The Stop's greenhouse. Spend some time in the warm, green oasis!

Visit any time between 2pm and 4pm.

INTERESTED IN GARDENING WITH US THIS SUMMER?

The Stop provides opportunities for community members to volunteer in our Earls court Community Garden.

If you are interested or want to learn more, please contact Sonia at sonia@thestop.org or call 416-652-7867 ext. 249.

VOLUNTEER INFO SESSION

1884 Davenport Road, Blue Room
Monday, May 8th
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.

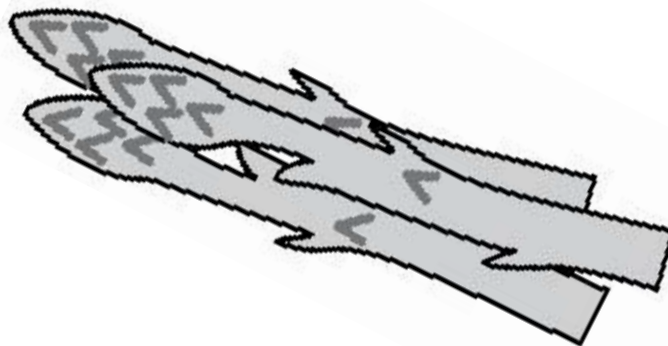
Contact Sonia at sonia@thestop.org or 416-652-7867 ext. 249.



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

MAY 2017



FOOD OF THE MONTH: ASPARAGUS

Asparagus is a source of vitamins C and A, and an excellent source of folacin. Six spears of asparagus contain a plant-derived carbohydrate called inulin, a prebiotic that improves the health of your gut by stimulating the activity and growth of healthy, beneficial probiotic bacteria.

How to Cook Asparagus!

Although best eaten fresh, asparagus can be refrigerated for two or three days. Wrap stem ends in damp paper towels, then cover entire bunch with plastic wrap. Or stand straight up in a jug of water.

Wash in cold, running water to remove sand or grit. Then snap off and discard tough, woody ends.

To keep nutrients, flavour, and crisp texture, don't overcook: thin spears may need less than three minutes. To speed cooking of thick spears, cut an "X" in the bottom of each stalk.

To simply cook asparagus, add enough water to saucepan to just cover asparagus. Add 1 tsp salt. Cook until tender crisp, drain well.

Other methods of cooking include: steaming (4 to 8 minutes, tightly covered), drizzled with oil; oven-roasted (at 500°F/260°C for 8 to 10 minutes); microwaving (covered with 2 tbsps water on High for 4 to 6 minutes); and stir-frying. You can then add seasoning – salt, pepper, butter, dill, basil, sorrel, or whatever you like.

Enjoy!