

November 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><i>Out in the Cold starts this month Drop-in open at 7:30am</i></p>		 <p>Healthy Beginnings ¹ 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm-4pm</p>	<p>Breakfast 9am-10am ² Family Support 9:30am-11am Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Sabor Latino 3:30pm-7:30pm</p>	<p>Breakfast 9am-10am ³ Food Demo 10:30am-12:30pm Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm</p>
<p>Breakfast 9am-10am ⁶ 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-5:30pm</p>	<p>Breakfast 9am-10am ⁷ Housing Support Worker 9am-12pm Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm</p>	 <p>Healthy Beginnings ⁸ 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm-4pm</p>	<p>Breakfast 9am-10am ⁹ Family Support 9:30am-11am Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Just a Pinch of Soul 3pm-6:30pm</p>	<p>Breakfast 9am-10am ¹⁰ Food Demo 10:30am-12:30pm Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm</p>
<p>Breakfast 9am-10am ¹³ ID Clinic 9am-10:30am Volunteer Info Session 10am-12pm Community Advocacy 12pm-3pm Food Bank 11am-3pm Lunch 12pm-1pm Bingo 1:30pm Men's Cooking Group 2:30pm-5:30pm</p>	<p>Breakfast 9am-10am ¹⁴ Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm</p>	 <p>Healthy Beginnings ¹⁵ 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm-4pm</p>	<p>Breakfast 9am-10am ¹⁶ Family Support 9:30am-11am Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Sabor Latino 3:30pm-7:30pm</p>	<p>Breakfast 9am-10am ¹⁷ Food Demo 10:30am-12:30pm Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm</p>
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**THE STOP'S
GOOD FOOD MARKET**

1884 Davenport Road
Tuesdays, 11am to 3pm

Our weekly fresh food market is open year-round. Join us!

VOLUNTEER INFO SESSION

1884 Davenport Road, Blue Room
Monday, November 13th
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 Ana at ana.m@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

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FOOD OF THE MONTH: WINTER GREENS

Winter greens are green, leafy vegetables, seasonably available in winter. This month, we will be featuring kale, Swiss chard, collard greens, and bok choy!

Sauteed Swiss Chard with Raisins & Pine Nuts
makes 5 servings

Ingredients:

- 1 ½ pounds Swiss chard, stalks cut crosswise into 1-inch pieces, leaves torn into 2-inch pieces (keep stalks and leaves separate)
- 2 tablespoons pine nuts
- 2 tablespoons olive oil
- 1/3 cup golden raisins
- 2 cloves garlic, minced
- 1 tablespoon balsamic vinegar
- Coarse salt and ground pepper

Preparation:

1. Wash chard, leaving some water clinging to stalks and leaves; set aside.
2. In a large saucepan with a lid, toast the pine nuts over medium-high heat, shaking pan to brown evenly, two to four minutes. Remove from pan; set aside.
3. In same saucepan, heat oil over medium-high. Add stalks, and cook until beginning to soften, about four minutes. Add leaves, raisins, and garlic. Cover, reduce heat to medium-low, and cook until tender, six to 10 minutes, stirring occasionally.
4. Pull lid back slightly, and tilt pan to pour off water. Stir in vinegar and pine nuts; season with salt and pepper. Serve.

Enjoy!