

OCTOBER 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 2 ID Clinic 9am-10:30am Earlscourt Garden Session 10am-12pm 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 3 Housing Support Worker 9am-12pm Community Advocacy 12pm-3pm Good Food Market 11am-3pm Lunch 12pm-1pm</p>	<p>Healthy Beginnings 4 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm-4pm</p> 	<p>Breakfast 9am-10am 5 Family Support 9:30am-11am Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Earlscourt Garden Session 2pm-4pm Sabor Latino 3:30pm-7:30pm</p>	<p>Breakfast 9am-10am 6 Food Demo 10:30am-12:30pm Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm</p>
<p>9 THANKSGIVING DAY CLOSED</p>	<p>Breakfast 9am-10am 10 Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm</p>	<p>Healthy Beginnings 11 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm-4pm</p> 	<p>Breakfast 9am-10am 12 Family Support 9:30am-11am 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 13 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 16 ID Clinic 9am-10:30am Earlscourt Garden Session 10am-12pm 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 17 Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm</p>	<p>Healthy Beginnings 18 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm-4pm</p> 	<p>Breakfast 9am-10am 19 Family Support 9:30am-11am Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Earlscourt Garden Session 2pm-4pm Sabor Latino 3:30pm-7:30pm</p>	<p>Breakfast 9am-10am 20 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 23 ID Clinic 9am-10:30am Earlscourt Garden Session 10am-12pm 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 24 Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm</p>	<p>Healthy Beginnings 25 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm-4pm</p> 	<p>Breakfast 9am-10am 26 Family Support 9:30am-11am 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 27 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 30 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 31 Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm</p>			<p>For information about workshops & activities happening in the Drop-in this month, please check out the Drop-in calendar.</p>

**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, October 16th
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 will be closed on Thanksgiving Day, Monday, October 9th.



the stop
community food centre

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

OCTOBER 2017



FOOD OF THE MONTH: CAULIFLOWER, BROCCOLI & ROMANESCO

Both cauliflower and broccoli are excellent sources of vitamin C and a good source of folacin and potassium. Both can be prepared in similar ways, and are great simply pureed into soups, added to stir-fries or curries, roasted or steamed, and enjoyed plain — or even raw (with or without dip!).

Warm Broccoli Salad

(makes 4 servings)

Ingredients:

- 1 bunch broccoli
- 1/2 cup thinly-sliced Spanish onion
- 2 tbsp vegetable oil
- 2 tbsp orange juice
- 1-1/2 tsp vinegar
- 1/2 tsp Dijon mustard (or other mustard)
- Pinch of salt and black pepper

Preparation:

1. Cut broccoli florets from stems. Cut florets into bite-size pieces; peel and cut stems into thin slices.
2. In a large skillet or shallow saucepan, bring 1/4 cup (50 mL) water to boil; reduce heat to medium. Add broccoli and onion; cook, covered, for 3 to 5 minutes or until broccoli is tender-crisp. With slotted spoon, transfer to bowl.
3. In a small bowl, whisk together oil, orange juice, vinegar, mustard, salt, and pepper until blended; pour over broccoli mixture. Toss to coat.

Enjoy!