

SEPTEMBER 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>For information about workshops & activities happening in the Drop-in this month, please check out the Drop-in calendar.</i></p>				<p>Breakfast 9am-10am Food Demo 10:30am-12:30pm Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm</p> <p style="text-align: right;">1</p>
<p style="text-align: right;">4</p> <p style="text-align: center;">CLOSED</p>	<p style="text-align: right;">5</p> <p>Breakfast 9am-10am Housing Support Worker 9am-11am Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm</p>	<p style="text-align: right;">6</p>  <p>Healthy Beginnings 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm-4pm</p>	<p style="text-align: right;">7</p> <p>Breakfast 9am-10am 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 style="text-align: right;">8</p> <p>Breakfast 9am-10am Food Demo 10:30am-12:30pm Community Advocacy 11am-3pm Food Bank 11am-3pm Lunch 12pm-1pm Movie Screening 1:30pm</p>
<p style="text-align: right;">11</p> <p>Breakfast 9am-10am ID Clinic 9am-10:30am Volunteer Info Session 10am-12pm 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 style="text-align: right;">12</p> <p>Breakfast 9am-10am Community Advocacy 11am-3pm Good Food Market 11am-3pm Lunch 12pm-1pm</p>	<p style="text-align: right;">13</p>  <p>Healthy Beginnings 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm-4pm</p>	<p style="text-align: right;">14</p> <p>Breakfast 9am-10am 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 style="text-align: right;">15</p> <p>Breakfast 9am-10am 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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VOLUNTEER INFO SESSION

1884 Davenport Road, Blue Room
Monday, September 11th
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.

GOOD FOOD FOR ALL MARCH & FESTIVAL!

1900 Davenport Road
(in the space behind the DPNCHC)
Saturday, September 23rd
12pm to 3pm

The Stop's annual Good Food For All Festival is a free community event featuring live musical performances, workshops and activity booths, an interactive Kids' Zone, and lots of healthy and delicious free food for everyone!

Join us on September 23rd behind our neighbours at the Davenport-Perth Neighbourhood & Community Health Centre (1900 Davenport Road) from 12PM to 3PM. All are welcome!

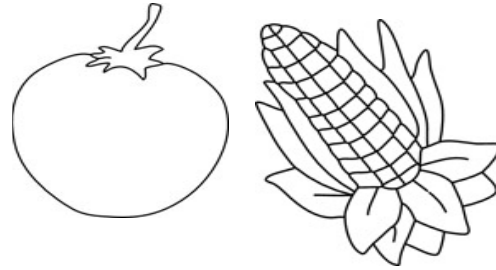
And be sure to meet us in front of 1900 Davenport Road at 11:30AM to participate in the Good Food For All March throughout the neighbourhood!



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: TOMATOES & CORN

Tomatoes are a rich source of several nutrients, including fiber and lycopene, which is a powerful antioxidant. Corn is high in fiber, too, which supports heart health.

Gazpacho

Ingredients:

- 4 tomatoes, about 1 lb
- 1 diced, seeded, peeled cucumber
- 1/4 cup (125 mL) diced onions
- 1 pepper (any type will do), chopped
- 1 garlic clove, minced
- 3 tbsp (45 mL) extra virgin olive oil
- 2 tbsp (25 mL) vinegar
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) hot pepper sauce

Preparation:

1. Halve tomatoes crosswise; squeeze juice and seeds into strainer set over bowl, pressing on pulp to extract juice. Reserve juice. Dice tomato.
2. In small bowl, combine 1/4 cup (50 mL) of the tomatoes, 1/4 cup (50 mL) of the cucumber, and 2 tbsp (25 mL) of the red onion; set aside for garnish.
3. In blender, blend together remaining tomatoes and reserved juice, remaining cucumber and onion, pepper, garlic, oil, vinegar, salt, and hot pepper sauce (if using) until smooth. Cover and refrigerate for 4 hours.
4. Serve topped with reserved vegetable garnish.

Hints: If you do not have a blender, chop your vegetables very finely instead and you will have a chunky gazpacho. Also, feel free to experiment with other ingredients, for example with different types of oils and vinegars. Use whatever vegetables and ingredients are seasonal, fresh, and that you have on hand.

Enjoy!