# April 2019

## Program Calendar

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><img src="image1.png" alt="Image" /> Community Advocacy 10am-3pm Food bank 11am – 3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</td>
<td>2</td>
<td><img src="image2.png" alt="Image" /> I.D. Clinic 9am-11am Housing Support Worker 9am - 12pm Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30pm-3pm Tax Clinic 2pm – 5pm (by appt)</td>
<td>3</td>
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<td>8</td>
<td>Community Advocacy 10am-3pm Food bank 11am – 3pm Bingo 1:30pm (Men's Cooking Group cancelled)</td>
<td>9</td>
<td><img src="image3.png" alt="Image" /> I.D. clinic 9am – 11am Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30pm-3pm Tax Clinic 2pm – 5pm (by appt)</td>
<td>10</td>
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<td>15</td>
<td><img src="image5.png" alt="Image" /> Volunteer information Session 10am – 11:30am Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm (Men's Cooking Group cancelled)</td>
<td>16</td>
<td><img src="image6.png" alt="Image" /> I.D. clinic 9am-11am Housing Support Worker 9am-12pm Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30pm-3pm Tax Clinic 2pm – 5pm (by apt)</td>
<td>17</td>
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<td>22</td>
<td>Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</td>
<td>23</td>
<td><img src="image9.png" alt="Image" /> I.D. clinic 9am – 11am Good Food Market 10:30am-2:30pm Emotional Wellness Peer Support Pop-up Café 1:30pm-3pm Tax Clinic 2pm-5pm (by appt)</td>
<td>24</td>
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<tr>
<td>29</td>
<td>Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</td>
<td>30</td>
<td><img src="image11.png" alt="Image" /> ID Clinic 9am-11am Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30pm-3pm Tax Clinic 2pm-5pm (by appt)</td>
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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

Food of the Month: Beets and Parsnip

Beets: Beets are a root vegetable, a relative to chard and spinach. The health benefits of beets are wide-ranging. Like most other plant-based foods, beets are high in nutrients yet low in calories. The Antioxidants give vegetables like beets their bright, vibrant colors, and in the case of this food, that color is bright red. Beets are one of the few vegetables that **do not lose any antioxidant power** through a variety of cooking methods.

Parsnip: The parsnip is a root vegetable closely related to carrot and parsley. Its long, tuberous root has cream-colored skin and flesh, and, left in the ground to mature, it becomes sweeter in flavor after winter frosts. The parsnip is usually cooked, but it can be eaten raw. They can be baked, boiled, pureed, roasted, fried, grilled, or steamed. It is high in vitamins and minerals, especially potassium. It also contains antioxidants and both soluble and insoluble **dietary fiber**.

Balsamic and Honey Roasted Beets

**Ingredients**
- 2 pounds fresh beets
- 1/2 tsp salt
- 1/2 tsp black pepper
- 2 tbsp. olive oil
- 3 tbsp. balsamic vinegar
- 2 tbsp. honey
- 1 tsp chopped fresh thyme (optional)

**Instructions**
Preheat oven to 350 degrees F.

Peel the beets and cut them into roughly 1 to 1 1/2 inch cubes.

Toss the beets in the salt, pepper and olive oil. Roast in a single layer for about 45 minutes, tossing occasionally.

Toss the partially roasted beets in the honey and balsamic vinegar and add the thyme too if you are using it.

Return to the oven and roast for an additional 15 minutes or so, tossing occasionally until the beets are fork tender.

Honey Glazed Parsnip and Carrots

**Ingredients**
- 2 pounds carrots (1 to 1 1/2 inches in diameter), peeled, halved lengthwise
- 2 pounds parsnips (1 to 1 1/2 inches in diameter), peeled, halved lengthwise
- 6 tablespoons olive oil
- 1 1/2 tablespoons butter
- 1 teaspoon balsamic vinegar

**Instructions**
Position 1 rack in center and 1 rack in bottom third of oven and preheat to 400°F.

Line 2 rimmed baking sheets with foil. Divide carrots and parsnips between prepared sheets. Sprinkle generously with salt and pepper, then drizzle 3 tablespoons oil over vegetables on each sheet; toss to coat.

Roast vegetables 10 minutes; stir. Roast vegetables 10 minutes longer, stir, and reverse sheets. Continue roasting until vegetables are tender and slightly charred, about 15 minutes longer.

Melt butter in heavy small saucepan over medium heat. Stir in honey and vinegar. Drizzle honey glaze over vegetables and serve.

Enjoy!