






December 2019

Program Calendar



For Drop-in, Food bank, Good Food Market and Advocacy programs please use program entrance at the back of the building. Breakfast 9-10am, Lunch 12-1pm (Mon, Tues, Thurs, and Fri) Food Bank: Mon, Thurs, and Fri from 11am-3pm. For Programs at The Green Barn, 601 Christie St, please call (416) 651-7867

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm – 6pm	3 Housing Support Worker 9am – 12pm I.D Clinic 9am – 11am Good Food Market 11am – 3pm	4 Healthy Beginnings 10am-1pm  Annual General Meeting 6pm – 8pm Foodbank and Drop-in Closed	5 Family Support 9:30am-11am Emotional Wellness Peer Support Group Simple Yoga and Meditation 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Sabor Latino 3:30pm – 6pm	6 Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm
9 Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm – 6pm	10 Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm	11 Healthy Beginnings 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm – 4pm Foodbank and Drop-in Closed	12 Family Support 9:30am-11am Emotional Wellness Peer Support Group 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Just a Pinch of Soul 3:30pm – 6:30pm	13 Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm
16 Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm – 6pm	17 ID Clinic 9am-11am Good Food Market 11am-3pm	18 Healthy Beginnings 10am-1pm  Foodbank and Drop-in Closed	19 Emotional wellness Peer Support Simple Yoga and Meditation 10am-12pm Community Advocacy 11am – 3pm Christmas Lunch Advocate's Annual Winter Cafe 1:30-3pm Food Bank 11am-3pm Sabor Latino 3:30pm – 6pm	20 Community Advocacy 10am-3pm Food Bank 11am-3pm Hanukkah Lunch Drop-in Karaoke 1:30-3pm
23 Community Advocacy 10am-3pm Food Bank 11am-3pm Festive Brunch 11am -12pm Christmas Bingo 1:30pm	24 Christmas Eve The Stop Community Food Centre Closed 	25 Christmas Day The Stop Community Food Centre Closed 	26 Boxing Day The Stop Community Food Centre Closed 	27 Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm
30 Community Advocacy 10am-3pm Food Bank 11am-3pm Kwanzaa Lunch 12 – 1pm Bingo 1:30pm	31 News Year Eve The Stop Community Food Centre Closed			



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

Seasonal Food of the Month: Squash

With names like buttercup, banana, turban, Hubbard, along with various crook-necked and green and white striped varieties, squash is technically a fruit, belonging to the pumpkin family.

Squash varieties include butternut (pale orange and keyhole-shaped), acorn (green and squat), Hubbard (green and taller with tiny surface bumps), delicate (pale orange with thin, green horizontal stripes)

Some vegetables offer different nutrients than others. Some, however, have truly impressive amounts, which is the case with squash: 457% of the daily value per serving in vitamin A - more than pumpkin and possibly more than any other vegetable. Vitamin A is a powerful antioxidant, essential for good skin, vision, and mucous membranes.



Simple Roasted Butternut Squash

Butternut squash is so good on its own, that barely any seasoning is needed. This recipe is so simple and easy

Ingredients

- 1 butternut squash - peeled, seeded, and cut into 1-inch cubes
- 2 tablespoons olive oil
- 2 cloves garlic, minced
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- salt and ground black pepper to taste

Place the squash on a sheet pan and drizzle with the olive oil, salt, and pepper and toss well. Arrange the squash in one layer and roast for 25 to 30 minutes, until the squash is tender, turning once with a spatula. It's now ready to eat – Enjoy!

