February 2019
Program Calendar

February is Black History Month, and all month our lunchtime menus will highlight foods connected to Black heritage and cultures.

“The overcoming poverty is not a gesture of charity; it is an act of justice.” Nelson Mandela

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>4 ID Clinic 9-10:30am</td>
<td>5 Housing Support Worker 9am - 12pm</td>
<td>6 Healthy Beginnings 10am-1pm</td>
<td>7 Family Support 9:30am-11am</td>
<td>1 Community Advocacy 10am-2pm</td>
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<tr>
<td>Community Advocacy 11am-3pm</td>
<td>Lunar NewYear Lunch 12-1</td>
<td>Food, Family, Fun 1pm – 3pm</td>
<td>Emotional Wellness Peer Support Group</td>
<td>Food Bank 11am-3pm</td>
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<td>Foodbank 11am – 3pm</td>
<td>Good Food Market 11am-3pm</td>
<td>Family Support 2pm – 4pm</td>
<td>Simple Yoga and Meditation 10am-12pm</td>
<td>Drop-in Movie Screening 1:30pm</td>
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<tr>
<td>Bingo 1:30pm</td>
<td>Emotional Wellness Peer Support Pop-up Café</td>
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<td>Men’s Cooking Group 2:30pm-6pm</td>
<td>1:30-3pm</td>
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<td>11 ID Clinic 9am-10:30am</td>
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<td>13 Healthy Beginnings 10am-1pm</td>
<td>14 Family Support 9:30am-11am</td>
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<tr>
<td>Volunteer info. Session 10am – 11:30am</td>
<td>Good Food Market 11am-3pm</td>
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<td>Just a pinch of Soul 3pm – 6pm</td>
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<tr>
<td>18 FAMILY DAY</td>
<td>19 Housing Support Worker 9am-12pm</td>
<td>20 Healthy Beginnings 10am-1pm</td>
<td>21 Family Support 9:30am-11am</td>
<td>8 Community Advocacy 10am-2pm</td>
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<tr>
<td>The Stop Community Food Centre Closed</td>
<td>Food demo DPNC Community Dietician 10:30 – 11:30am</td>
<td>Food, Family, Fun 1pm – 3pm</td>
<td>Dental Bus Registration 9:30am-11:30am</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: Sweet Potatoe

February is National Sweet Potato Month

Many people think yams and sweet potatoes are the same, but a true yam is a starchy, edible root of the Dioscorea genus, and is generally imported to America from the Caribbean.

Depending on the variety, sweet potato flesh can vary from white to orange and even purple.

Sweet potatoes are high in beta carotene, vitamins E and C, iron, potassium and vitamin B6.

Sweet potato roots are harvested 90 to 120 days after transplanting.

How to store sweet potatoes:

Avoid storing sweet potatoes in the refrigerator, which will produce a hard center and unpleasant taste. Instead, store your sweet potatoes in a cool, dry, well-ventilated container. For best results, store them in a basement or root cellar away from strong heat sources. Sweet potatoes can be stored for up to two weeks.

Recipe:

Slow-Roasted Sweet Potatoes

Heat oven to 300.

4 sweet potatoes, Vegetable oil, salt

Put sweet potatoes on a foil-lined baking sheet or baking dish.

Rub with a drizzle of oil and sprinkle with salt

Bake for 2 to 2 1/2 hours, until sweet potatoes are very tender (check by poking with a fork).

Split open and serve with your choice of toppings. Here's some ideas:

Butter, salt and pepper

A scoop of yogurt, and some Indian spices warmed in a spoonful of oil or butter.

Black beans, salsa and grated cheese

Squeeze of lime juice and a scoop of sour cream