





February 2019

Program Calendar



Programs at 1884 Davenport Road Entrance at the back of the building. 416-652-7867: **Breakfast 9-10am, Lunch 12-1pm**
(Mon, Tues, Thurs, Fri)

For Programs at The Green Barn, 601 Christie St, call (416) 651-7867

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>February is Black History Month, and all month our lunchtime menus will highlight foods connected to Black heritage and cultures.</p> <p>“Overcoming poverty is not a gesture of charity; it is an act of justice.” Nelson Mandela</p>				<p>1</p> <p>Community Advocacy 10am-2pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm</p>
<p>4</p> <p>I.D Clinic 9-10:30am Community Advocacy 11am-3pm Foodbank 11am – 3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>5</p> <p>Housing Support Worker 9am - 12pm Lunar NewYear Lunch 12-1 Community Advocacy 12-2pm Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm</p>	<p>6</p>  <p>Healthy Beginnings 10am-1pm Food, Family, Fun 1pm – 3pm Family Support 2pm – 4pm</p>	<p>7</p> <p>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-6:30pm</p>	<p>8</p> <p>Community Advocacy 10am-2pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm</p>
<p>11</p> <p>ID Clinic 9am-10:30am Volunteer info. Session 10am – 11:30am Community Advocacy 12-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>12</p> <p>Community Advocacy 10am-2pm Good Food Market 11-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm</p>	<p>13</p>  <p>Healthy Beginnings 10am-1pm Food, Family, Fun 1pm – 3pm Family Support 2pm – 4pm</p>	<p>14</p> <p>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 3pm – 6pm</p>	<p>15</p> <p>Community Advocacy 10am-2pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm Drop-in Karaoke 1:30-3pm</p>
<p>18</p> <p>FAMILY DAY The Stop Community Food Centre Closed</p>	<p>19</p> <p>Housing Support Worker 9am-12pm Food demo DPNC Community Dietician 10:30 – 11:30am Good Food Market 11-3pm Community Advocacy 12pm-2pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm</p>	<p>20</p>  <p>Healthy Beginnings 10am-1pm Food, Family, Fun 1pm – 3pm Family Support 2pm – 4pm</p>	<p>21</p> <p>Family Support 9:30am-11am Dental Bus Registration 9:30am-11:30am Emotional wellness Peer Support Simple Yoga and Meditation 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Sabor Latino 3:30pm-6:30pm</p>	<p>22</p> <p>Dental Bus appointment day 9:30am-2:30pm Community Advocacy 10am-2pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm</p>
<p>25</p> <p>ID Clinic 9am-10:30am Community Advocacy 11am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>26</p> <p>Community Advocacy 10am-2pm Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm</p>	<p>27</p>  <p>Healthy Beginnings 10am-1pm Food, Family, Fun 1pm – 3pm Family Support 2pm – 4pm</p>	<p>28</p> <p>Family Support 9:30am-11am Emotional wellness Peer Support 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Just a pinch of Soul 3pm – 6pm</p>	



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

