

February 2020

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

For programs at Wythwood Open Door 729 St. Clair Ave W. please call (647) 410-7720

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Sewing/Knitting group 10:30am-11:30am Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm – 6pm</p>	<p>4</p> <p>Housing Support Worker 9am – 12pm</p> <p>Good Food Market 11am-3pm</p> <p>Emotional Wellness Peer Support Pop-up Café 1:30-3pm</p>	<p>5</p> <p>Healthy Beginnings 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm – 4pm</p>  <p>Foodbank and Drop-in Closed</p>	<p>6</p> <p>Family Support 9:30am-11am</p> <p>Emotional Wellness Peer Support Group Simple Yoga and Meditation 10am-12pm</p> <p>Community Advocacy 11am-3pm Food Bank 11am-3pm Sabor Latino 3pm – 6:30pm</p>	<p>7</p> <p>Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm</p>
<p>10</p> <p>Sewing/Knitting group 10:30am-11:30am Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm – 6pm</p>	<p>11</p> <p>ID Clinic 9am-11am</p> <p>Good Food Market 11am-3pm</p> <p>Emotional Wellness Peer Support Pop-up Café 1:30-3pm</p>	<p>12</p> <p>Healthy Beginnings 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm – 4pm</p>  <p>Foodbank and Drop-in Closed</p>	<p>13</p> <p>Family Support 9:30am-11am</p> <p>Emotional Wellness Peer Support Group 10am-12pm</p> <p>Community Advocacy 11am-3pm Food Bank 11am-3pm Just a Pinch of Soul 3:00pm – 6:30pm</p>	<p>14</p> <p>Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm Drop-in Karaoke 1:30-3pm</p>  <p>Valentine Day Special</p>
<p>17</p> <p>Family Day The Stop Community Food Centre Closed</p>	<p>18</p> <p>Housing Support Worker 9am – 12pm ID Clinic 9am-11am</p> <p>Good Food Market 11am-3pm</p> <p>Emotional Wellness Peer Support Pop-up Café 1:30-3pm</p>	<p>19</p> <p>Healthy Beginnings 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm – 4pm</p>  <p>Foodbank and Drop-in Closed</p>	<p>20</p> <p>Family Support 9:30am-11am</p> <p>Emotional wellness Peer Support Group 10am-12pm</p> <p>Community Advocacy 11am – 3pm Food Bank 11am-3pm Sabor Latino 3pm – 6:30pm</p>	<p>21</p> <p>Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm</p>
<p>24</p> <p>Sewing/Knitting group 10:30am-11:30am Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm – 6pm</p>	<p>25</p> <p>ID Clinic 9am-11am</p> <p>Good Food Market 11am-3pm</p> <p>Emotional Wellness Peer Support Pop-up Café 1:30-3pm</p>	<p>26</p> <p>Healthy Beginnings 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm – 4pm</p>  <p>Foodbank and Drop-in Closed</p>	<p>27</p> <p>Family Support 9:30am-11am</p> <p>Emotional Wellness Peer Support Group 10am-12pm</p> <p>Community Advocacy 11am-3pm Food Bank 11am-3pm Just a Pinch of Soul 3:00pm – 6:30pm</p>	<p>28</p> <p>Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm</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

Seasonal Food of the Month: Sweet Potatoe

The sweet potato is a starchy, sweet-tasting root vegetable. They have a thin, brown skin on the outside with coloured flesh inside – most commonly orange in colour, but other varieties are white, purple or yellow. You can eat sweet potatoes whole or peeled, and the leaves of the plant are edible, too.

They may both be called 'potatoes', but sweet and white potatoes are not actually related. Botanically, the sweet potato belongs to the bindweed or morning glory family, whereas the white potato sits in the nightshade family.

Sweet potatoes are a rich source of fibre as well as containing an array of vitamins and minerals including iron, calcium, selenium, and they're a good source of most of our B vitamins and vitamin C. One of the key nutritional benefits of sweet potato is that they're high in an antioxidant known as beta-carotene, which converts to vitamin A once consumed. Add a drizzle of olive oil just before serving to increase your absorption of beneficial beta-carotene.



Simple Roasted Potatoes

Ingredients

- 2 large or 3 small sweet potatoes
- 2 tsp oil (I use grapeseed or avocado oil for high heat)
- 1 tsp garlic powder, or to taste
- 1 tsp salt, or to taste
- 1 tsp black pepper, or to taste

Directions

- Wash and scrub sweet potatoes thoroughly.
- Quickly run a peeler over them and peel about half of the skin.
- Dry potatoes well with a towel or paper towel.
- Cut sweet potatoes in half length-wise, cut each half into 4 long strips.
- Chop each of the strips into small cubes, about 1/2 thick.
- Line a large baking sheet with [parchment paper](#).
- Spread onto [baking sheet](#), drizzle with 2 teaspoons of olive oil,
- Sprinkle with garlic powder, salt, and black pepper. Toss to coat.
- Bake at 400 degrees for 25-30 minutes or until crisp.
- Flip once halfway through to make sure that both sides get crispy – remove from oven and Enjoy!