

January 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 New Year Day The Stop Community Food Centre Closed	2 Family Support 9:30am-11am Emotional Wellness Peer Support Group Simple Yoga and Meditation 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm	3 Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm
6 Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm	7 Housing Support Worker 9am – 12pm ID Clinic 9am-11am Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm	8  Healthy Beginnings 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm – 4pm Foodbank and Drop-in Closed	9 Family Support 9:30am-11am Emotional Wellness Peer Support Group 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm	10 Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm
13 Sewing/Knitting group 10:30am-11:30am Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm	14 ID Clinic 9am-11am Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm	15  Healthy Beginnings 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm – 4pm Foodbank and Drop-in Closed	16 Emotional wellness Peer Support Simple Yoga and Meditation 10am-12pm Community Advocacy 11am – 3pm Food Bank 11am-3pm	17 Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm
20 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	21 Housing Support Worker 9am – 12pm ID Clinic 9am-11am Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm	22  Healthy Beginnings 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm – 4pm Foodbank and Drop-in Closed	23 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 3:00pm – 6:30pm	24 Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Karaoke 1:30-3pm 
27 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	28 ID Clinic 9am-11am Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm			



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: Rutabaga and Turnips

A **rutabaga** was called a **Swede** or yellow **turnip**, until 1967 when its name was changed to avoid confusion with the **turnip**. **Rutabagas** are larger, yellow fleshed with a purple top and are usually waxed for winter storage. A **turnip** is a smaller cousin of the **rutabaga**. It has white flesh, with a purple trimming.

Both of these root vegetables are members of the Brassica family, which includes cabbages, but the **rutabaga** is probably a hybrid of a cabbage and a **turnip**. **Turnips** are usually white-fleshed with white or white and purple skin. ... **Rutabagas** are sweeter than **turnips**.

Rutabagas are a hearty vegetable packed with fiber, vitamins, and antioxidants. They promote feelings of fullness, which can prevent weight gain. Furthermore, they contain powerful compounds that help fight **inflammation**, prevent premature aging, and are associated with a reduced risk of various cancers.

Turnips are a cruciferous vegetable with multiple health benefits. They boast an impressive nutritional profile, and their bioactive compounds, such as glucosinolates, may support blood sugar control, protect against harmful bacteria, and provide anticancer and **anti-inflammatory** effects.



Rutabaga



Turnip

Rutabaga and Turnip Mash

Using a very sharp knife, cut a small slice off one side of rutabaga. Rest rutabaga on the sliced side for stability. Holding rutabaga firmly with a dish towel, cut into several slices using a rocking motion with rutabaga and knife. Peel slices using a potato peeler or sharp paring knife. Chop to desired size.

Ingredients

- 1 pound rutabagas, peeled and chopped
- 1 teaspoon salt
- 6 cups water
- 1 1/2 pounds turnips, peeled and chopped
- 1/4 cup grated Parmesan cheese
- 6 tablespoons butter
- 1/2 cup of cream or milk
- 3/4 teaspoon salt
- 1/4 teaspoon pepper

How to Make It

Step 1

Combine rutabagas, 1 tsp. salt, and 6 cups water in a large Dutch oven; bring to a boil, and cook 25 minutes. Add turnips, and cook 20 more minutes or until vegetables are tender; drain.

Step 2

Combine vegetables, cheese, and next 4 ingredients in a large mixing bowl; mash with a potato masher (or beat at medium speed with an electric mixer) to desired consistency. Enjoy!