

July 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)**

Food Bank: Mon, Thurs, Fri from 11am-3pm

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CANADA DAY The Stop Community Food Centre Closed</p>	<p>2</p> <p>Housing Support Worker 9am - 12pm ID Clinic 9am-11am Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm</p>	<p>3</p> <p>Healthy Beginnings 10am-1pm Family Support 2pm – 4pm</p>  <p>Community Kitchen Cooking with Herbs and Spices 3pm – 5pm Foodbank and Drop-in Closed</p>	<p>4</p> <p>Family Support 9:30am-11am 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>5</p> <p>Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm</p>
<p>8</p> <p>Community Advocacy 10am-3pm Foodbank 11am – 3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>9</p> <p>I.D. Clinic 9am-11am Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm</p>	<p>10</p> <p>Healthy Beginnings 10am-1pm Family Support 2pm – 4pm</p>  <p>Foodbank and Drop-in Closed</p>	<p>11</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>12</p> <p>Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm</p>
<p>15</p> <p>Volunteer info. Session 10am – 11:30am Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>16</p> <p>Housing Support Worker 9am – 12pm ID Clinic 9am-11am Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm</p>	<p>17</p> <p>Healthy Beginnings 10am-1pm Family Support 2pm – 4pm Community Kitchen Nutrition on a budget 3pm – 5pm Foodbank and Drop-in Closed</p> 	<p>18</p> <p>Family Support 9:30am-11am Emotional Wellness Peer Support Group 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Sabor Latino 3:30pm – 6pm</p>	<p>19</p> <p>Community Advocacy 11am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm</p>
<p>22</p> <p>Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>23</p> <p>I.D. clinic 9am-11am Good Food Market 11-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm</p>	<p>24</p> <p>Healthy Beginnings 10am-1pm Family Support 2pm – 4pm</p>  <p>Foodbank and Drop-in Closed</p>	<p>25</p> <p>Family Support 9:30am-11am Emotional wellness Peer Support Simple Yoga and Meditation 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Just a pinch of Soul 3pm – 6pm</p>	<p>26</p> <p>Dental Bus 9:30am-2:30pm Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm Drop-in Karaoke 1:30-3pm</p>
<p>29</p> <p>Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>30</p> <p>ID Clinic 9am-12pm Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm Community Pizza Oven 4pm -6pm</p>	<p>31</p> <p>Healthy Beginnings 10am-1pm Family Support 2pm – 4pm</p>  <p>Foodbank and Drop-in closed</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: Zucchini

Low in Calories & Loaded with Anti-Inflammatory Properties

Zucchini, also called courgette in some parts of the world, is believed to have been first cultivated up to 10,000 years ago. Originally grown in parts of South America, at the time zucchini was primarily grown for its beneficial seeds, since the wild variety didn't have much flesh and tasted very bitter. In fact, the ancient zucchini vegetable didn't even have much resemblance to the sweeter kind that's available in most supermarkets today, but no matter how you slice it, zucchini nutrition offers plenty of reasons to eat this vegetable.

Even though most people use zucchini like other vegetables — for example, adding to savory dishes with herbs and protein sources — botanically speaking, it's actually a fruit.

Top 9 Zucchini Benefits

- High Source of Antioxidants and Vitamin C
- Has Anti-Inflammatory Properties that Can Improve Heart Health
- High Source of Potassium
- Helps Improve Digestion
- Low in Calories and Carbs
- Helps Maintain Eye Health
- Good Source of Energizing B Vitamins
- Can Help Control Diabetes
- Might Help Balance Thyroid and Adrenal Function

Zucchini Parmesan Crisps

Cooking spray

2 medium zucchini (about 1 pound total)

1 tablespoon olive oil

1/4 cup freshly grated Parmesan (3/4-ounce)

1/4 cup plain dry bread crumbs

1/8 teaspoon salt

Freshly ground black pepper

Directions:

Preheat the oven to 450 degrees F. Coat a baking sheet with cooking spray.

Slice the zucchini into 1/4-inch thick rounds.

In a medium bowl, toss the zucchini with the oil.

In a small bowl, combine the Parmesan, bread crumbs, salt, and a few turns of pepper.

Dip each round into the Parmesan mixture, coating it evenly on both sides, pressing the coating on to stick, and place in a single layer on the prepared baking sheet.

Bake the zucchini rounds until browned and crisp, 25 to 30 minutes.

Remove with spatula. Serve immediately.

