## July 2019

### Program Calendar

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