





June 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>3</p> <p>Community Advocacy 10am-3pm Food bank 11am – 3pm Bingo 1:30pm</p> <p>(Men’s Cooking Community Kitchen, returns June 10)</p>	<p>4</p> <p>Housing Support 9am – 12pm I.D. clinic 9am – 11am Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30pm-3pm</p> <p>Mobile Dental Bus 9:30-2:30</p>	<p>5</p> <p>Healthy Beginnings 10am – 1pm  Food, Family, Fun 1pm 3pm Family Support 2pm-4pm Community Kitchen: ‘Healthy eating Workshop’ 3pm – 5pm</p> <p>Food bank and drop-in closed</p>	<p>6</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 Community Kitchen returns June 20)</p>	<p>7</p> <p>Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm</p>
<p>10</p> <p>Volunteer information Session 10am – 11:30am Community Advocacy 10am-3pm Food bank 11am – 3pm Bingo 1:30pm Community Kitchen: ‘Men’s Cooking Group’ 2:30pm-6pm</p>	<p>11</p> <p>Housing Support 9am – 12pm I.D. clinic 9am – 11am Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30pm-3pm</p>	<p>12</p> <p>Healthy Beginnings 10am – 1pm  Food, Family, Fun 1pm – 3pm Family Support 2pm-4pm</p> <p>Food bank and drop-in closed</p>	<p>13</p> <p>Family Support 9:30am-11am Emotional Wellness Peer Support Group 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Community Kitchen: ‘Just a Pinch of Soul’ 3:00pm – 6:00pm</p>	<p>14</p> <p>Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm</p>
<p>17</p> <p>Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm Community Kitchen: ‘Men’s Cooking Group’ 2:30pm-6pm</p>	<p>18</p> <p>I.D. clinic 9am-11am Housing Support Worker 9am-12pm Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30pm-3pm</p>	<p>19</p> <p>Healthy Beginnings 10am-1pm  Food, Family, Fun 1pm – 3pm Family Support 2pm – 4pm Community Kitchen: ‘Healthy eating Workshop’: 3pm – 5pm</p> <p>Food bank and drop-in closed</p>	<p>20</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 Community Kitchen: ‘Sabor Latino’ 3:30pm – 6:30pm</p>	<p>21</p> <p>Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm</p> <p>Drop – in Karaoke 1:30 – 3pm</p>
<p>24</p> <p>Community Advocacy 10am-3pm Food bank 11am – 3pm Bingo 1:30pm Community Kitchen: ‘Men’s Cooking Group’ 2:30pm-6pm</p>	<p>25</p> <p>I.D. clinic 9am-11am Housing Support Worker 9am-12pm Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30pm-3pm</p>	<p>26</p> <p>Healthy Beginnings 10am-1pm  Food, Family, Fun 1pm – 3pm Family Support 2pm – 4pm Food bank and drop-in closed</p>	<p>27</p> <p>Family Support 9:30am-11am Emotional Wellness Peer Support Group 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Community Kitchen: ‘Just a Pinch of Soul’ 3:00pm – 6:00pm</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, community and challenges inequality.

Thestop.org

Food of the Month: Asparagus

Asparagus is a spring vegetable that is packed with nutrition.

When you buy asparagus, either fresh from the farmers' market or grocery store, it is best to eat it right away.

Asparagus pairs nicely with lots of other spring vegetables and flavors—think peas, garlic or new potatoes.

1 cup of cooked asparagus has 40 calories, 4 grams of protein, and 4 grams of fiber and 404 milligrams of potassium.

Potassium is good for blood pressure and asparagus contains a compound called asparaptine, which helps improve blood flow and in turn helps lower blood pressure.

Asparagus



Oven Roasted Asparagus

Ingredients:

- 1 bunch thin asparagus spears, trimmed
- 3 tablespoons olive oil
- 1 1/2 tablespoons grated Parmesan cheese (optional)
- 1 clove garlic, minced (optional)
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon lemon juice (optional)

Directions

Preheat an oven to 425 degrees F (220 degrees C).

Place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer.

Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.