

# March 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 Wychwood Open Door 729 St. Clair Ave W. please call (647) 410-7720

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Volunteer Information session 10am - 11:30am Sewing/Knitting group 10:30am-11:30am <b>Community Advocacy 10am-3pm</b> Food Bank 11am-3pm <b>Bingo 1:30pm</b> <b>Men's Cooking Group 2:30pm - 6pm</b></p>	<p>3 Housing Support Worker 9am - 12pm  <b>ID Clinic 9am-11am</b>  Good Food Market 11am-3pm  <b>Emotional Wellness Peer Support Pop-up Café 1:30pm-3pm</b></p>	<p>4 Healthy Beginnings 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm - 4pm  <b>Foodbank and Drop-in Closed</b></p>	<p>5 Family Support 9:30am-11am  <b>Emotional Wellness Peer Support Group 10am-12pm</b> Community Advocacy 11am-3pm <b>Food Bank 11am-3pm</b>  <b>Community Kitchen Sabor Latino 3:30pm - 6:30pm</b></p>	<p>6 Community Advocacy 10am-3pm <b>Food Bank 11am-3pm</b>  Drop-in Movie Screening 1:30pm</p>
<p>9 Sewing/Knitting group 10:30am-11:30am <b>Community Advocacy 10am-3pm</b> Food Bank 11am-3pm <b>Bingo 1:30pm</b> <b>Men's Cooking Group 2:30pm - 6pm</b></p>	<p>10 <b>ID Clinic 9am-11am</b>  Good Food Market 11am-3pm  <b>Emotional Wellness Peer Support Pop-up Café 1:30pm-3pm</b></p>	<p>11 Healthy Beginnings 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm - 4pm  <b>Foodbank and Drop-in Closed</b></p>	<p>12 Family Support 9:30am-11am  <b>Emotional Wellness Peer Support Group 10am-12pm</b> Community Advocacy 11am-3pm <b>Food Bank 11am-3pm</b>  <b>Community Kitchen Just a Pinch of Soul 3:00pm - 6:30pm</b></p>	<p>13 Community Advocacy 10am-3pm <b>Food Bank 11am-3pm</b>  Drop-in Movie Screening 1:30pm</p>
<p>16 Sewing/Knitting group 10:30am-11:30am <b>Community Advocacy 10am-3pm</b> Food Bank 11am-3pm <b>Bingo 1:30pm</b> <b>Men's Cooking Group 2:30pm - 6pm</b></p>	<p>17 Housing Support Worker 9am - 12pm  <b>ID Clinic 9am-11am</b>  Good Food Market 11am-3pm  <b>Emotional Wellness Peer Support Pop-up Café 1:30pm-3pm</b></p>	<p>18 Healthy Beginnings 10am-1pm  <b>Community Kitchen Healthy Eating Workshop 1:30pm - 4:30pm</b>  <b>Foodbank and Drop-in Closed</b></p>	<p>19 Family Support 9:30am-11am  <b>Emotional wellness Peer Support Group Simple Yoga and Meditation 10am-12pm</b> Community Advocacy 11am - 3pm <b>Food Bank 11am-3pm</b> <b>Community Kitchen Sabor Latino 3:30pm - 6:30pm</b></p>	<p>20 Community Advocacy 10am-3pm <b>Food Bank 11am-3pm</b>  <b>Drop-in Karaoke 1:30pm - 3pm</b> </p>
<p>23 Sewing/Knitting group 10:30am-11:30am <b>Community Advocacy 10am-3pm</b> Food Bank 11am-3pm <b>Bingo 1:30pm</b> <b>Men's Cooking Group 2:30pm - 6pm</b></p>	<p>24 <b>ID Clinic 9am-11am</b>  Good Food Market 11am-3pm  <b>Emotional Wellness Peer Support Pop-up Café 1:30pm-3pm</b></p>	<p>25 Healthy Beginnings 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm - 4pm  <b>Foodbank and Drop-in Closed</b></p>	<p>26 Family Support 9:30am-11am  <b>Emotional Wellness Peer Support Group 10am-12pm</b> Community Advocacy 11am-3pm <b>Food Bank 11am-3pm</b>  <b>Community Kitchen Just a Pinch of Soul 3:00pm - 6:30pm</b></p>	<p>27 Community Advocacy 10am-3pm <b>Food Bank 11am-3pm</b>  Drop-in Movie Screening 1:30pm</p>
<p>30 Sewing/Knitting group 10:30am-11:30am <b>Community Advocacy 10am-3pm</b> Food Bank 11am-3pm <b>Bingo 1:30pm</b> <b>Men's Cooking Group 2:30pm - 6pm</b></p>	<p>31 <b>ID Clinic 9am-11am</b>  Good Food Market 11am-3pm  <b>Emotional Wellness Peer Support Pop-up Café 1:30pm-3pm</b></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](http://thestop.org)

### Seasonal Food of the Month: Mushrooms

Low in calories and fat and cholesterol-free, mushrooms contain a modest amount of fiber and over a dozen minerals and vitamins, including copper, potassium, magnesium, zinc and a number of B vitamins such as folate. Mushrooms are also high in antioxidants like selenium and glutathione, Mushrooms can be cooked in a variety of ways, including grilling, baking, broiling, sautéing, and roasting. They are a hearty, vegetarian ingredient that can add texture, flavor, and substance to meals.



## Garlic Butter Mushrooms

### INGREDIENTS

- 4 tbsp. melted butter
- 2 cloves garlic, minced
- 2 tsp. freshly chopped thyme
- 1 tsp. balsamic vinegar
- Salt to taste
- Freshly ground black pepper
- 1 1/2 lb. crimini mushrooms, cleaned

### DIRECTIONS

Preheat oven to 375°. In a medium bowl, whisk together butter, garlic, thyme, and vinegar.

Spread mushrooms into an even layer on a large baking sheet. Pour butter mixture over mushrooms, then season with salt and pepper.

Toss to coat, then spread mushrooms back into an even layer.

Roast 15 to 18 minutes, until golden and tender. – Enjoy!

