







May 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>1  Healthy Beginnings 10am-1pm Food, Family, Fun 1pm – 3pm Family Support 2pm – 4pm</p>	<p>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 Sabor Latino 3:30pm – 6:30pm</p>	<p>3 Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm</p>
<p>6 Community Advocacy 10am-3pm Food bank 11am – 3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>7 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>8  Healthy Beginnings MOTHER'S DAY CELEBRATION 10AM – 1:30PM  Family Support 2pm-4pm</p>	<p>9 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 – 6:00pm</p>	<p>10 Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm</p>
<p>13 Volunteer information Session 10am – 11:30am Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>14 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>15  Healthy Beginnings 10am-1pm Food, Family, Fun 1pm – 3pm Family Support 2pm – 4pm</p>	<p>16 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 3:30pm – 6:30pm</p>	<p>17 Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm</p>
<p>20 VICTORIA DAY HOLIDAY THE STOP COMMUNITY FOOD CENTRE CLOSED</p>	<p>21 Housing Support 9am – 11am I.D. clinic 9am – 11am Good Food Market 11am = 3pm Emotional Wellness Peer Support Pop-up Café 1:30pm-3pm</p>	<p>22  Healthy Beginnings 10am-1pm Food, Family, Fun 1pm – 3pm Family Support 2pm – 4pm</p>	<p>23 Family Support 9:30am-11am Community Advocacy 11am-3pm Food Bank 11am-3pm Just a Pinch of Soul 3:00pm – 6:00pm</p>	<p>24 Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Karaoke 1:30pm-3pm</p>
<p>27 Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>28 ID Clinic 9am-11am Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30pm-3pm</p>	<p>29  Healthy Beginnings 10am-1pm Food, Family, Fun 1pm – 3pm Family Support 2pm – 4pm</p>	<p>30 Family Support 9:30am-11am Emotional Wellness Peer Support Group 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm</p>	<p>31 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: Bell Peppers and Cucumber

Bell peppers (*Capsicum annuum*) are fruits that belong to the nightshade family. They're related to chili peppers, tomatoes, and breadfruit, all of which are native to Central and South America. Also called sweet peppers or capsicums, bell peppers can be eaten either raw or cooked.

Like their close relatives, chili peppers, bell peppers are sometimes dried and powdered. In that case, they're referred to as paprika. They are low in calories and exceptionally rich in vitamin C and other antioxidants, making them an excellent addition to a healthy diet.

Bell peppers come in various colors, such as red, yellow, orange, and green—which are unripe.

Cucumbers belong to the same plant family as squash, pumpkin, and watermelon. Like watermelon, cucumbers are made up of mostly 95 percent water, which means eating them on a hot summer day can help you stay hydrated. Cucumbers contain an anti-inflammatory flavonol called fisetin that appears to play an important role in your brain health. Cucumbers are low in calories and high in fiber which makes them useful for both weight loss and digestive health.



Parmesan Peppers

4 bell peppers (a mix of yellow, red, and orange)
1 clove thinly sliced garlic
8 thyme sprigs
1 tablespoon extra-virgin olive oil
Kosher salt and freshly ground black pepper
1/4 cup grated Parmesan
Juice of 1/2 lemon

Preparation:

Stem, core, and quarter bell peppers; place on a baking sheet.

Toss with sliced garlic, thyme, and extra-virgin olive oil. Season with salt and freshly ground black pepper. Arrange skin side down in a single layer and roast in a 425°F oven until softened, then top with Parmesan and broil until cheese is melted and peppers are slightly charred. Squeeze the lemon juice over peppers – Enjoy!

Cucumber Salad:

2 medium cucumbers, thinly sliced
1/3 cup cider or white vinegar
1/3 cup water
2 tablespoons sugar
1/2 Teaspoon salt
1/8 teaspoon pepper

Chopped fresh dill weed or parsley, if desired

Preparation:

Place cucumbers in small glass or plastic bowl.

In tightly covered container, shake remaining ingredients except dill weed. Pour over cucumbers. Cover and refrigerate at least 3 hours to blend flavors.

Drain cucumbers. Sprinkle with dill weed. Store covered in refrigerator – Enjoy!