<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| I.D Clinic 9-10:30am  
Community Advocacy 11am-3pm  
Foodbank 11am – 3pm  
Bingo 1:30pm  
Men’s Cooking Group 2:30-6pm | Housing Support Worker 9am-12pm  
Community Advocacy 12pm-2pm  
Good Food Market 11am-3pm | Healthy Beginnings  
10am-1pm  
Food, Family ,Fun  
1pm – 3pm  
Family Support  
2pm – 4pm | Family Support 9:30am-11am  
Emotional Wellness Peer Support Group 10am-12pm  
Community Advocacy 11am-3pm  
Foodbank 11am-3pm  
Sabor Latino 3:30-7:30pm | Community Advocacy 10am-2pm  
Food Bank 11am-3pm  
Drop-in Movie Screening 1:30pm |
| I.D Clinic 9am-10:30am  
Volunteer information session 10 – 11:30am  
Community Advocacy 11am-3pm  
Food Bank 11am-3pm  
Bingo 1:30pm  
Men’s Cooking Group 2:30pm-6pm | Community Advocacy 10am-2pm  
Good Food Market 11am-3pm | Healthy Beginnings  
10am-1pm  
Food, Family ,Fun  
1pm – 3pm  
Family Support  
2pm – 4pm | 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 | Food Bank 11am-3pm  
Community Advocacy 10am-2pm  
Drop-in Movie Screening 1:30pm |
| I.D Clinic 9am-10:30am  
Community Advocacy 12pm-3pm  
Food Bank 11am-3pm  
Bingo 1:30pm  
Men’s Cooking Group 2:30pm-6pm | Housing Support Worker 9am-12pm  
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1pm – 3pm  
Family Support  
2pm – 4pm | Family Support 9:30am-11am  
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Community Advocacy 11am-3pm  
Food Bank 11am-3pm  
Sabor Latino 3:30pm-7:30pm | Food Bank 11am-3pm  
Community Advocacy 10am-2pm  
Drop-in Movie Screening 1:30pm |
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Community Advocacy 11am-3pm  
Food Bank 11am-3pm  
Bingo 1:30pm  
Men’s Cooking Group 2:30pm-6p | Community Advocacy 10am-2pm  
Good Food Market 11am – 3pm | Healthy Beginnings  
0am-1pm  
Food, Family ,Fun  
1pm – 3pm  
Family Support  
2pm – 4pm | Family Support 9:30am-11am  
Emotional wellness Peer Support Group 10am-12pm  
Community Advocacy 11am-3pm  
Food Bank 11am-3pm  | Food Bank 11am-3pm  
Community Advocacy 10am-2pm  
KARAOKE IN THE DROP-IN 1:30 – 3PM |

November 2018

Program Calendar
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: Winter Greens – Kale, Swiss chards, Collard greens, Bok choy

Winter greens have similar nutritional characteristics to other leaf vegetable’s and are therefore good sources of vitamins A and C. They are also a source of several dietary minerals including Iron, Potassium and Calcium.

Kale Chips:
like potato chips, you cannot stop at just eating one. They are great for parties and a good conversation topic."
Ingredients
1 bunch kale
1 tablespoon olive oil
1 teaspoon seasoned salt
Directions
1. Preheat an oven to 350 degrees F (175 degrees C). Line a non-insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.
3. Bake until the edges brown but are not burnt, 10 to 15 minutes.

Easy Bok Choy Stir Fry
There's no better way to enjoy the crisp delicate taste of bok choy. This basic stir-fry can be served as is, or you can add meat or tofu to make it more substantial. Quick and easy, this is one of my favorite ways to load up on leafy greens. Serve with fluffy white rice, or over noodles in soup."
Ingredients
1 tablespoon vegetable oil
2 cloves garlic, crushed and chopped
8 heads baby bok choy, trimmed and cut into bite-size pieces, salt to taste
Directions
1. Heat the oil in a large skillet or wok over medium heat, and cook the garlic in the hot oil until fragrant, 1 to 2 minutes.
2. Mix in the bok choy, and cook and stir until the green parts of the leaves turn bright green and the stalks become slightly translucent, 5 to 8 minutes. Sprinkle with salt to serve.