

# November 2018

## Program Calendar







Programs at 1884 Davenport Road Entrance at the back of the building.

Phone: 416-652-7867

Programs at The Green Barn, 601 Christie Street Phone: 416-651-7867

Breakfast 9-10am, Lunch 12-1pm: Mon, Tues, Thurs, Fri

Drop-in opens for winter hrs. Nov. 1 to March 29/19 7:30am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Family Support 9:30am-11am <b>Emotional Wellness Peer Support Group 10am-12pm</b> Community Advocacy 11am-3pm Foodbank 11am-3pm Sabor Latino 3:30-7:30pm	2 Community Advocacy 10am-2pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm
5 <b>I.D Clinic 9-10:30am</b> Community Advocacy 11am-3pm Foodbank 11am – 3pm Bingo 1:30pm Men’s Cooking Group 2:30-6pm	6 Housing Support Worker 9am-12pm Community Advocacy 12pm-2pm <b>Good Food Market 11am-3pm</b>	7  Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm	8 Family Support 9:30am-11am <b>Emotional Wellness Peer Support Group 10am-12pm</b> Community Advocacy 11am-3pm Food Bank 11am-3pm Just a pinch of Soul 3pm – 6pm	9 Food Bank 11am-3pm Community Advocacy 10am-2pm Drop-in Movie Screening 1:30pm
12 <b>ID Clinic 9am-10:30am</b> <b>Volunteer information session 10 – 11:30am</b> Community Advocacy 11am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm	13 Community Advocacy 10am-2pm <b>Good Food Market 11am-3pm</b>	14  Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm	15 Family Support 9:30am-11am <b>Emotional Wellness Peer Support Group 10am-12pm</b> Community Advocacy 11am-3pm Food Bank 11am-3pm Sabor Latino 3:30pm-7:30pm	16 Food Bank 11am-3pm Community Advocacy 10am-2pm Movie screening and discussion for Food Workers’ Week <b>1:30pm – 3pm</b> <b>MIGRANT DREAMS</b> <small>A FILM BY MIN SOOK LEE</small>
19 <b>ID Clinic 9am-10:30am</b> Community Advocacy 12pm-3pm Food Bank 11am-3pm Bingo 1:30pm Men’s Cooking Group 2:30pm-6pm	20 Housing Support Worker 9am-12pm Community Advocacy 12pm-2pm <b>Good Food Market 11am – 3pm</b>	21  Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm	22 Family Support 9:30am-11am <b>Emotional wellness Peer Support Group Simple Yoga and Meditation 10am-12pm</b> Community Advocacy 11am-3pm Food Bank 11am-3pm Just a pinch of Soul 3pm – 6pm	23 Food Bank 11am-3pm Community Advocacy 10am-2pm Drop-in Movie Screening 1:30pm
26 <b>ID Clinic 9am-10:30am</b> Community Advocacy 11am-3pm Food Bank 11am-3pm Bingo 1:30pm Men’s Cooking Group 2:30pm-6p	27 Community Advocacy 10am-2pm <b>Good Food Market 11am – 3pm</b>	28  Healthy Beginnings 0am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm	29 Family Support 9:30am-11am <b>Emotional wellness Peer Support Group 10am -12pm</b> Community Advocacy 11am-3pm Food Bank 11am-3pm	30 Food Bank 11am-3pm Community Advocacy 10am-2pm <b>KARAOKE IN THE DROP-IN 1:30 – 3PM</b>



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)

## Food of the Month: Winter Greens – Kale, Swiss chards, Collard greens, Bok choy



Winter greens have similar nutritional characteristics to other leaf vegetables 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."

- 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.