





November 2019

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, Fri) Food Bank: Mon, Thurs, Fri from 11am-3pm. For Programs at The Green Barn, 601 Christie St, please call (416) 651-7867

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| | | | <p>Out of the cold drop in hours begin Friday November 1, 2019 Drop-in opens @ 7:30am</p> | <p>1 Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm</p> |
| <p>4 Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm – 6pm</p> | <p>5 Housing Support Worker 9am – 12pm Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm</p> | <p>6  Healthy Beginnings 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm – 4pm Foodbank and Drop-in Closed</p> | <p>7 Family Support 9:30am-11am Emotional Wellness Peer Support Group 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Sabor Latino 3:30pm – 6pm Free tax Clinic – 9am-12pm, For appt call (416) 652-7867 ex 237</p> | <p>8 Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm</p> |
| <p>11 Volunteer info. Session 10am – 11:30am Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm – 6pm</p> | <p>12 ID Clinic 9am-11am Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm</p> | <p>13  Healthy Beginnings 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm – 4pm Foodbank and Drop-in Closed</p> | <p>14 Family Support 9:30am-11am Emotional wellness Peer Support 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Just a Pinch of Soul 3:30pm – 6:30pm Free tax Clinic – 9am-12pm, For appt call (416) 652-7867 ex 237</p> | <p>15 Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm</p> |
| <p>18 Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm – 6pm</p> | <p>19 ID Clinic 9am-11am Housing Support Worker 9am – 12pm Good Food Market 11-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm</p> | <p>20  Healthy Beginnings 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm – 4pm Foodbank and Drop-in Closed</p> | <p>21 Family Support 9:30am-11am Emotional wellness Peer Support Simple Yoga and Meditation 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Sabor Latino 3:30pm – 6pm Free tax Clinic – 9am-12pm, For appt call (416) 652-7867 ex 237</p> | <p>22 Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm Drop-in Karaoke 1:30-3pm</p> |
| <p>25 Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm – 6pm</p> | <p>26 ID Clinic 9am-11am Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm</p> | <p>27  Healthy Beginnings 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm – 4pm Foodbank and Drop-in Closed</p> | <p>28 Family Support 9:30am-11am Emotional wellness Peer Support Simple Yoga and Meditation 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Just a Pinch of Soul 3:30pm – 6:30pm Free tax Clinic – 9am-12pm, For appt call (416) 652-7867 ex 237</p> | <p>29 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 and community, and challenges inequality. thestop.org

Seasonal Food of the Month: Winter Greens

Wintergreens are **green** leaved **vegetables**, closely related to the cabbage, that are seasonably available in **winter**. Common **vegetables** described as **wintergreens** are **chard, collards, rapini, and kale**.

Wintergreens 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.



Sautéed Winter Greens

Ingredients

- 4 lb. cooking greens, tough stems trimmed and leaves cut into 1-inch strips
- Kosher salt
- 3 Tbs. olive oil
- 4 large cloves garlic, chopped
- Freshly ground black pepper

Preparation

Wash the greens in several changes of water, but do not dry them.

Heat a large stockpot over medium heat. Add the greens and a little salt.

With a pair of tongs or a large spoon, turn the greens until they collapse. The water clinging to the greens from the washing and their own juice is probably enough to cook them; however, add a little more water if the pot runs dry, or if you notice that, the greens are not wilting quickly.

When the greens are tender, remove them from the pot and drain any excess water.

Add the olive oil to the pot and heat it. Add the garlic and, when it releases its perfume, return the greens to the pot.

Cook over medium heat until the greens are tender, 5 to 10 minutes longer. Taste for seasoning and add salt and pepper as needed.

Enjoy!