

October 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 I.D Clinic 9-10:30am Volunteer info session 10am – 11:30am Earlscourt Garden Session 10am-12pm Community Advocacy 11am-3pm Foodbank 11am – 3pm Bingo 1:30pm Men’s Cooking Group 2:30-6pm</p>	<p>2 Housing Worker 9am -12pm Community Advocacy 10am – 2pm Earlscourt Garden Session 10am – 2pm Good Food Market 11-3pm</p>	<p>3  Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2-4pm</p>	<p>4 Family Support 9:30am-11am Emotional Wellness Peer Support Group 10am-12pm Community Advocacy 11am-3pm Foodbank 11am-3pm Earlscourt garden session 2 – 4pm Sabor Latino 3:30-7:30pm</p>	<p>5 Community Advocacy 10am-2pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm</p>
<p>8 The Stop - Closed  HAPPY THANKSGIVING</p>	<p>9 Community Advocacy 10am-2pm Good Food Market 11am-3pm</p>	<p>10  Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm Earlscourt Garden Session 10am-12pm</p>	<p>11 Family Support 9:30am-11am Emotional Wellness Peer Support Group 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Earlscourt Garden Session 2pm-4pm Just a pinch of Soul 3pm – 6pm</p>	<p>12 Food Bank 11am-3pm Community Advocacy 10am-2pm Drop-in Movie Screening 1:30pm</p>
<p>15 ID Clinic 9am-10:30am Community Advocacy 12pm-3pm Earlscourt garden session 10am-12pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>16 Housing Support Worker 9am – 12pm Community Advocacy 10am-2pm Good Food Market 11am-3pm</p>	<p>17  Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm</p>	<p>18 Family Support 9:30am-11am Emotional Wellness Peer Support Group 10am – 12pm Simple Yoga and Meditation Community Advocacy 11am-3pm Food Bank 11am-3pm Earlscourt garden session 2pm -4pm Sabor Latino 3:30pm-7:30pm</p>	<p>19 Food Bank 11am-3pm Community Advocacy 10am-2pm Drop-in Movie Screening 1:30pm</p>
<p>22 ID Clinic 9am-10:30am Earlscourt garden session 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Bingo 1:30pm Men’s Cooking Group 2:30pm-6pm</p>	<p>23 Community Advocacy 10am-2pm Good Food Market 11am – 3pm</p>	<p>24  Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm</p>	<p>25 Family Support 9:30am-11am Emotional wellness Peer Support Group 10am -12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Earlscourt garden session 2pm-4pm Just a pinch of Soul 3pm – 6pm</p>	<p>26 Food Bank 11am-3pm Community Advocacy 10am-2pm Drop-in Movie Screening 1:30pm KARAOKE IN THE DROP-IN 1:30 – 3PM</p>
<p>29 D Clinic 9am-10:30am Community Advocacy 11am-3pm Food Bank 11am-3pm Bingo 1:30pm Men’s Cooking Group 2:30pm-6p Earlscourt garden finally session For 2018 10am -12pm</p>	<p>30 Community Advocacy 10am-2pm Good Food Market 11am – 3pm</p>	<p>31  Healthy Beginnings 0am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm</p>	<p> Saturday October 6 Earlscourt Apple Picking Trip</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

Food of the Month: Cauliflower and Broccoli



Broccoli



Cauliflower

Broccoli and Cauliflower are low in calories, high in vitamin C, and a good source of both folate and vitamin A. They also contain phytochemicals that may help protect eyesight and prevent cancer. Both veggies are also a good source of fiber in your diet and cauliflower is a good complex carbohydrate. Broccoli has as much calcium ounce-per-ounce as milk! Broccoli and cauliflower are part of the cabbage family and are close cousins to brussel sprouts, and kohlrabi. The thick green leaves surrounding the head of cauliflower protect the flower buds from sunlight and does not allow chlorophyll to develop...of course resulting in a white veggie

Broccoli Slaw

Makes about six cups of slaw

2 heads of broccoli
1/2 cup thinly sliced almonds, toasted
1/3 cup dried cranberries
1/2 small red onion, finely chopped

Buttermilk Dressing

1/2 cup buttermilk, well-shaken
1/3 cup mayonnaise (this is more than is in the original, to thicken the dressing further)
2 tablespoons cider vinegar
1 tablespoon sugar
3 tablespoons finely chopped shallot (or, you could just use a little extra red onion to simplify it)

Trim broccoli and cut it into large chunks.

From here, you can either feed it through your food processor's slicing blade, use a mandoline to cut it into thin slices, or simply had chop it into smaller pieces.

Toss the sliced broccoli with the almonds, cranberries and red onion in a large bowl.

Meanwhile, whisk the dressing ingredients in a smaller one, with a good pinch of salt and black pepper.

Pour the dressing over the broccoli. Season well with salt and pepper to taste.

Enjoy!!