

October 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)**

Food Bank: Mon, Thurs, Fri from 11am-3pm

For Programs at The Green Barn, 601 Christie St, call (416) 651-7867

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Housing Support Worker 9am – 12pm I.D. Clinic 9am-11am Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm	2  Healthy Beginnings 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm – 4pm Foodbank and Drop-in Closed	3 Family Support 9:30am-11am Emotional wellness Peer Support 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Sabor Latino 3:30pm – 6:30pm	4 Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm
7 Volunteer info. Session 10am – 11:30am Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm – 6pm	8 I.D. Clinic 9am-11am Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm	9  Healthy Beginnings 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm – 4pm Foodbank and Drop-in Closed	10 Family Support 9:30am-11am Emotional Wellness Peer Support Group Simple Yoga and Meditation 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Just a pinch of Soul 3pm – 6pm	11 Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm
14 Thanksgiving The Stop Community Food Centre Closed 	15 Housing Support Worker 9am – 12pm ID Clinic 9am-11am Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm	16  Healthy Beginnings 10am-1pm Foodbank and Drop-in Closed	17 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 – 6:30pm	18 Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Karaoke 1:30-3pm
21 Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm – 6pm	22 ID Clinic 9am-11am Good Food Market 11-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm	23  Healthy Beginnings 10am-1pm Food Family Fun 1pm-3pm Family Support 2pm – 4pm Foodbank and Drop-in Closed	24 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 3pm – 6pm	25 Community Advocacy 10am-3pm Food Bank 11am-3pm Drop-in Movie Screening 1:30pm
28 Community Advocacy 10am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm – 6pm	29 Housing Support Worker 9am – 12pm ID Clinic 9am-11am Good Food Market 11am-3pm Emotional Wellness Peer Support Pop-up Café 1:30-3pm	30  Healthy Beginnings 10am-1pm Foodbank and Drop-in Closed		



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: Broccoli and Cauliflower

Broccoli has an impressive nutritional profile. It is "high in fiber, very high in vitamin C and has potassium, B6 and vitamin A. Broccoli is also packed with phytochemicals and antioxidants. Phytochemicals are chemicals in plants that are responsible for color, smell and flavor. Phytochemicals in broccoli are good for the immune system. Antioxidants are chemicals produced by the body or found in fruits, vegetables and grains. "Antioxidants can help find and neutralize free radicals that cause cell damage. Broccoli also contains additional nutrients, including some magnesium, phosphorus, a little zinc and iron.

Cauliflower derives its name from Latin *caulis* which means cabbage with a flower. Cauliflower is packed with a range of nutrients that is sure to provide you with a host of health benefits. One regular serving of cauliflower contains 77 percent of the recommended daily value of Vitamin C. It is also a good source of Vitamin K, thiamin, riboflavin, niacin, manganese phosphorus, fiber, vitamin B6, folate.

Some Health Benefits of Broccoli and Cauliflower:

- They keep your bones healthy
- They help with detox
- They aid in reducing high blood pressure and
- They help to strengthen your immune system.



Roasted Broccoli and Cauliflower

Ingredients

1 small head cauliflower (2 pounds), cut into florets
2 large stalks broccoli (1 pound), cut into florets
1 head garlic, broken into cloves
2 tablespoons olive oil

1/2 teaspoon salt

Heat the oven to 375 degrees F.

Place cauliflower and broccoli into a 9 by 13 inch baking dish.

Toss with the olive oil, and sprinkle with salt.

Cover the dish and bake for 1/2 hour.

Remove the cover, stir and cook for 30 to 40 minutes more, until vegetables are tender and nicely browned, stirring occasionally – Enjoy!

