<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>2</td>
<td>Labour Day&lt;br&gt;The Stop Community Food Centre Closed</td>
<td>3 Housing Support Worker 9am – 12pm&lt;br&gt;I.D. Clinic 9am-11am&lt;br&gt;Good Food Market 11am-3pm&lt;br&gt;Emotional Wellness Peer Support Pop-up Café 1:30-3pm</td>
<td>4 Healthy Beginnings 10am-1pm&lt;br&gt;Food Family Fun 1pm-3pm&lt;br&gt;Family Support 2pm – 4pm&lt;br&gt;Foodbank and Drop-in Closed</td>
<td>5 Family Support 9:30am-11am&lt;br&gt;Emotional wellness Peer Support Group 10am-12pm&lt;br&gt;Simple Yoga and Meditation 10am-12pm&lt;br&gt;Community Advocacy 11am-3pm&lt;br&gt;Food Bank 11am-3pm</td>
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<td>9</td>
<td>Volunteer info. Session 10am – 11:30am&lt;br&gt;Community Advocacy 10am-3pm&lt;br&gt;Food Bank 11am-3pm&lt;br&gt;Bingo 1:30pm&lt;br&gt;Men’s Cooking Group 2:30pm – 6pm</td>
<td>10 I.D. Clinic 9am-11am&lt;br&gt;Good Food Market 11am-3pm&lt;br&gt;Emotional Wellness Peer Support Pop-up Café 1:30-3pm</td>
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<td>Community Advocacy 10am-3pm&lt;br&gt;Food Bank 11am-3pm&lt;br&gt;Bingo 1:30pm&lt;br&gt;Men’s Cooking Group 2:30pm – 6pm</td>
<td>24 Good Food Market 11-3pm&lt;br&gt;Emotional Wellness Peer Support Pop-up Café 1:30-3pm</td>
<td>25 Healthy Beginnings 10am-1pm&lt;br&gt;Food Family Fun 1pm-3pm&lt;br&gt;Family Support 2pm – 4pm&lt;br&gt;Foodbank and Drop-in Closed</td>
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Saturday September 21st<br>Please join us for our annual<br>**Good Food For All Festival**<br>11:30am-3pm<br>Visit [www.thestop.org/gffa](http://www.thestop.org/gffa)
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: Corn
Also known as maize (Zea mays), corn is one of the world’s most popular cereal grains. It is the seed of a plant in the grass family, native to Central America but grown in countless varieties worldwide. Popcorn and sweet corn are popular varieties, but refined corn products are also widely consumed, frequently as ingredients in processed food. These include tortillas, tortilla chips, polenta, cornmeal, corn flour, corn syrup, and corn oil. Whole-grain corn is as healthy as any cereal grain, as its rich in fiber and many vitamins, minerals, and antioxidants. Corn is typically yellow but comes in a variety of other colors, such as red, orange, purple, blue, white, and black.

Health Benefits
Corn is a good source of fiber, containing about 2 grams in a half cup serving.

In addition, corn is a good source of vitamin C, magnesium, B vitamins, and carotenoids lutein and zeaxanthin. Vitamin C is important in cell repair, boosting immunity and has anti-aging properties, whereas, B vitamins are important in energy metabolism. Magnesium is important for nerve conduction and muscle contraction. Carotenoids, lutein, and zeaxanthin have been shown to have antioxidative properties and are important in eye health.

Summer Corn-and-Golden Potato Chowder

Ingredients
- 4 tablespoons butter
- 5 cups fresh corn kernels; reserve 2 cobs
- 3 fresh thyme sprigs
- 1 large sweet onion, diced (about 2 cups)
- 1 1/2 teaspoons kosher salt
- 4 cups low-sodium chicken broth
- 1 large Yukon gold potato, diced
- 3/4 cup half-and-half

How to Make It
- Step 1 Melt butter in a small stockpot over medium heat.
- Add corn kernels, thyme sprigs, diced onion, and salt.
- Cook, stirring occasionally, 15 to 20 minutes or until corn is tender but not browned.
- Step 2 Stir in broth and diced potato. Increase heat to high; add reserved corn cobs, and bring to a boil.
- Reduce heat to medium, and simmer, stirring occasionally, 8 to 10 minutes or until potatoes are tender. Discard cobs and thyme.
- Process 1/2 cup of corn mixture in a blender until smooth.

Return processed mixture to stockpot, and stir in half-and-half serve and enjoy!