

December 2018

Program Calendar






Programs at 1884 Davenport Road

Phone: 416-652-7867

Programs at The Green Barn, 60

Breakfast 9-10am, Lunch 12-1pm

Drop-in opens for winter hrs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>3</p> <p>I.D Clinic 9-10:30am Community Advocacy 11am-3pm Foodbank 11am – 3pm Bingo 1:30pm Men’s Cooking Group 2:30-6pm</p>	<p>4</p> <p>Housing Support Worker 9am - 12pm Community Advocacy 12pm-2pm Good Food Market 11am-3pm</p>	<p>5</p>  <p>Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Annual General Meeting 6 – 8pm, RSVP only</p>	<p>6</p> <p>Family Support 9:30am-11am Emotional Wellness Peer Support Group Simple Yoga and Meditation 10am-12pm Community Advocacy 11am-3pm Foodbank 11am-3pm Sabor Latino holiday dinner 3pm-7pm</p>
<p>10</p> <p>I.D Clinic 9-10:30am Volunteer info session 10 – 11:30am Community Advocacy 12pm-3pm Foodbank 11am – 3pm Bingo 1:30pm Men’s Cooking Group 2:30-6pm</p>	<p>11</p> <p>Community Advocacy 12pm-2pm Good Food Market 11am-3pm Hanukkah Lunch 12-1pm</p>	<p>12</p>  <p>Healthy Beginnings 10am-1pm Food, Family ,Fun 1pm – 3pm Family Support 2pm – 4pm</p>	<p>13</p> <p>Family Support 9:30am-11am Emotional Wellness Peer Support Group 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Just a pinch of Soul 3pm – 6pm</p>
<p>17</p> <p>ID Clinic 9am-10:30am Community Advocacy 11am-3pm Food Bank 11am-3pm Bingo 1:30pm Men's Cooking Group 2:30pm-6pm</p>	<p>18</p> <p>Nutrition Workshop-Iron With DPNC Community Dietician 10:30 – 11:30am Good Food Market 11-3pm Kwanzaa Lunch 12-1pm Community Advocacy Annual Surviving the Holidays Winter Cafe 1:30pm – 3:30pm</p>	<p>19</p>  <p>Healthy Beginnings Holiday Celebration 10am – 1pm</p>	<p>20</p> <p>Emotional Wellness Peer Support Group Simple Yoga and Meditation 10am-12pm Community Advocacy 11am-3pm Food Bank 11am-3pm Christmas Lunch 12pm – 1pm Sabor Latino 3:30pm-7:30pm</p>
<p>24</p> <p>Christmas Eve Stop Community Food Centre Closed</p>	<p>25</p> <p>Christmas Day The Stop Community food Centre Closed</p>	<p>26</p> <p>Boxing Day The Stop Community Food Centre Closed</p>	<p>27</p> <p>Emotional wellness Peer Support Community Advocacy 11am-3pm Food Bank 11am-3pm</p>
<p>31</p> <p>Community Advocacy 9:30am-1pm New Years Eve Food Bank 10am - 1pm Lunch 12pm – 1pm The Stop Closed @ 1pm Happy New Year!</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: Variety of Squash

Squash is high in vitamins A, B6, and C, folate, magnesium, fiber, riboflavin, phosphorus, and potassium. That is a serious nutritional power-packed veggie. Yellow squash is also rich in manganese. This mineral helps to boost bone strength and helps the body's ability to process fats and carbohydrates.

CARAMELIZED BUTTERNUT SQUASH

Ingredients:

- 2 medium butternut squash (4 to 5 pounds total)
- 6 -8 tablespoons unsalted butter, melted and cooled
- $\frac{1}{4}$ cup light brown sugar, packed
- 1 $\frac{1}{4}$ teaspoons kosher salt
- $\frac{1}{2}$ teaspoon fresh ground black pepper

Directions:

Preheat the oven to 400°F.
Cut off the ends of each butternut squash and discard.
Peel the squash and cut in half lengthwise. Using a spoon, remove the seeds. Cut the squash into 1 $\frac{1}{4}$ " to 1 $\frac{1}{2}$ " cubes and place them on a baking sheet.

Add the melted butter, brown sugar, salt and pepper. With clean hands, toss all of the ingredients together and spread out in a single layer on the baking sheet.

Roast for 45 minutes to 55 minutes, until the squash is tender and the glaze begins to caramelize. Turn the squash while roasting a few times with a spatula to be sure it browns evenly. Adjust seasonings if needed. Serve hot. Enjoy!

