

Upcoming Events:

Deadline for your next food order: May 5, 2017

Next depot pick-up days: May 18/19, 2017

Reminder

Every member is responsible for picking up their food order on depot pick-up day. If this is not possible, it is the member's responsibility to make all necessary arrangements. Any food not picked up will be sold to other members or donated to a community group for distribution.

WECAN Food Basket Society of Alberta ANNUAL GENERAL MEETING

Be Saturday, May 27, 2017
2:00 – 4:00 p.m.

WECAN Office Meeting Area
11434 – 120 Street

Annual Memberships

The WECAN annual membership is \$5.00 per family. Our membership year is April 1st to March 31st. To purchase your membership, contact your Depot Coordinator. A current membership is required to be able to vote on any motions at the Annual General Meeting.



WECAN
Food Basket
Society

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Thank you to the following businesses and organizations for their help and support:



Your Depot:

Issue: 17-04
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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN Annual General Meeting

WECAN's Annual General Meeting will be held on Saturday, May 27, 2017 from 2:00 p.m. to 4:00 p.m. at the WECAN office located at 11434 – 120 Street, Edmonton.

The agenda will include the year-end reports (Financial, Program Manager, etc.), recognition of and thank-you to the retiring board members, election of new board members, and presentation of the Volunteer Long-Service awards. There will also be a discussion about the direction our members wish to take regarding the rising food prices in Edmonton and the impact this has had, and continues to have, on our food basket selections each month.

As food prices rise, the variety of items available for our basket continues to shrink. To combat this problem, we are faced with difficult choices: do we raise the monthly price to \$30; or do we offer only 2 meat, 2 fruit, and 2 vegetables; or is there some combination of these options that would work? This is important to our society and to our members and we want to find the best solution.

What do you prefer in your food basket? Do you look forward to potatoes, bananas, and ground beef as staple items every month? Do you want to see more variety if it is available? All suggestions will be considered by all those who are present at our AGM.

To ensure your voice is heard, please plan to attend this important meeting. To ensure that you can vote on any motions presented at this meeting, please make sure that you have purchased your fiscal 2017-18 membership from your coordinator.

We look forward to seeing you and hearing your suggestions.

Herb of the Month – Chives

Chives are related to onions, but they have a milder flavor. The slender, reed-like, and bright green stems can be snipped (use kitchen scissors) over potato salad, stir-fries, egg dishes, soups, vegetable casseroles, sautéed vegetables, cheese, cream, or smear into softened butter for corn on the cob. The pale purple flowers are also edible.

Use chives liberally. Finely chop, snip, or when available, separate flower buds and add just before serving. Chives turn drab green when heated.

Easily grown indoors, or on your deck in a pot, or planted in the garden, chives are an excellent addition to your pantry.

Cooking with Your WECAN Food Basket Menu

Jasmine Rice with Toasted Pine Nuts and Chives

Buttery, toasty pine nuts add a hit of richness to your basic rice pilaf. Serve this simple side with grilled chicken or seafood.

- 1 cup jasmine rice
- Salt
- 3 tbsp. unsalted butter
- ¼ cup pine nuts (available at Bulk Barn or in the bulk section at your supermarket)
- 2 tbsp. chopped chives
- 2 tsp. lemon juice
- pepper

Cook the rice according to package directions with a pinch of salt. Meanwhile, melt the butter in a small skillet over medium heat. Add the pine nuts and cook until the butter and the nuts are browned, about 3 minutes. Combine with the rice and add the chives and lemon juice. Season to taste with salt and pepper.

Unbelievable Chicken Meatloaf

- Debbb

- 1 lb. ground chicken
- ½ cup fine breadcrumbs
- 1 large egg white
- 1 medium carrot
- 1 small onion
- ¼ cup ketchup
- ½ teaspoon minced garlic
- 1 teaspoon Worcestershire sauce
- ¼ teaspoon celery seed
- 1 teaspoon salt
- 1/8 teaspoon pepper

Preheat oven to 350 degrees.

Combine chicken and bread crumbs in a large bowl and set aside.

Cut the carrot and onion into chunks and add to blender.

Add the remaining 7 ingredients to the blender. Process in blender until carrot is very fine.

Pour blender mixture over meat mixture and mix very well using your hands.

Form mixture into a loaf and place in lightly greased 9" x 13" pan.

Cover with foil and bake for 1 hour.

Remove foil and continue baking for 15-30 minutes, until loaf is cooked through.

Homemade Stove Top Stuffing

- Cooks.com

- 9-10 bread end pieces (white or wheat)
- 3 tbsp. butter
- 1 stalk celery, chopped
- ½ medium onion, finely chopped
- 2 cloves garlic, minced
- 2 tbsp. freshly chopped parsley
- ½ tsp. sage
- ¼ tsp. marjoram
- 1/8 tsp. pepper
- 1 cup boiling water

Dice bread ends and measure about 4 ½ cups. Melt butter in a 2-quart pot. Add celery, onion and garlic. Sauté over low heat 5 minutes. Add parsley, herbs, and pepper to sautéed vegetable mix and stir. Add boiling water. Stir bring mix to a boil and take the pot off the range. Now lightly fork in the bread cubes. Cover the pot and let stand for 5 minutes before serving.

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	WECAN
500 g Lean Ground Beef	\$ 5.94	\$ 5.95	\$ 5.94	\$ 4.50	\$ 6.25	\$ 4.50
500 g Boneless Pork Chops	\$ 5.94	\$ 5.94	\$ 5.94	\$ 6.49	\$ 6.25	\$ 4.25
1 kg Chicken Drumsticks	\$ 10.11	\$ 10.11	\$ 10.11	\$ 6.28	\$ 8.31	\$ 5.97
1 kg Bananas	\$ 1.74	\$ 1.72	\$ 1.74	\$ 1.70	\$ 1.70	\$ 1.61
4 Oranges	\$ 4.39	\$ 3.33	\$ 4.39	\$ 3.24	\$ 1.76	\$ 1.67
4 Red Delicious Apples	\$ 3.52	\$ 3.52	\$ 3.52	\$ 3.90	\$ 2.00	\$ 1.70
10 Baker Potatoes	\$ 4.99	\$ 4.99	\$ 4.99	\$ 3.40	\$ 3.85	\$ 2.00
2 lb Carrots	\$ 2.99	\$ 2.99	\$ 2.99	\$ 1.20	\$ 1.20	\$ 1.44
1 Long English Cucumber	\$ 1.69	\$ 1.69	\$ 1.69	\$ 1.77	\$ 0.97	\$ 1.18
TOTAL	\$ 41.31	\$ 40.24	\$ 41.31	\$ 32.48	\$ 32.29	\$ 24.32