

Upcoming Events:

Deadline for your next food order: May 4, 2018

Next depot pick-up days: May 17 / 18, 2018

WECAN Annual General Meeting

Date: Saturday, June 2, 2018

Time: 10:00 a.m. to noon

Place: Edmonton Moravian Church (Strathcona Depot)
9540 – 83 Avenue, Edmonton

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.



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



Your Depot:

Issue: 18-04
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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN to Address Minor Changes to Bylaws at AGM

Motions will be presented at the Annual General Meeting of the WECAN Food Basket Society of Alberta to make changes to the Bylaws governing the society. These changes include increasing the term of the members of the Board of Directors to two years from the current one-year term, mandatory presentation of a budget at each AGM, and minor changes to the wording of the bylaws (changing "association" to "society" and addition of the words "The Treasurer".)

These proposed changes will lead to greater continuity at the board level, and more transparency between and among the board, members, and other interested parties.

Memberships

WECAN's membership year begins on April 1st. Annual memberships are only \$5.00 for each family and are available from all depot coordinators and through the WECAN office.

Membership benefits include the ability to purchase food baskets every month and voting privileges at the AGM.

Kiwi

Kiwifruit can be either gold or green, although the green variety is most commonly available. The green kiwifruit's brown skin is edible, though it's fuzzy enough that few people actually eat it. The green flesh has tiny, edible black seeds. Refrigerate the ripe kiwifruit for up to three weeks. Kiwifruit can be cooked, but heat turns the vibrant flesh to an unappetizing shade of drab green. So, slice raw, ripe kiwifruit in half and scoop the flesh out with a spoon. Or peel, slice, and add to salads or mix with yogurt.

At fewer than 50 calories, kiwifruit is a good nutritional bargain. It supplies magnesium and fiber and is a good source of vitamin C and potassium.

Cooking with Your WECAN Food Basket Menu

Orange Kiwi Dressing

- Suzanne Rigsby

Orange juice	½ cup	125 mL
Cooking oil	3 tbsp.	45 mL
Corn syrup	2 tbsp.	30 mL
Lime juice	1 tbsp.	15 mL
Vinegar	1 tbsp.	15 mL
Salt	a pinch	
Ripe Kiwi, peeled and cut into chunks	3	3

Put all ingredients into a blender and process on high for 20 seconds. Scrape down the sides and process until smooth.

Store in a jar with a tight-fitting lid in the refrigerator for up to 1 week. Shake well before tossing with lettuce greens.

Makes approximately 1 2/3 cups

Chicken Noodle Soup

- Reprinted from *Soups and Sandwiches*© Company's Coming Publishing Limited

Chicken Stock	4 cups	1 L
Noodles (see note)	2 oz.	57 g
Cooked chicken, diced or shredded	½ cup	125 mL
Parsley flakes	½ tsp.	125 mL

Combine all together in saucepan. Simmer until noodles are cooked. Makes a scant 4 cups (1 L).

Note: Noodle amount is all you can hold in 1 hand, a big handful.

Chicken Stock

- Reprinted from *Soups and Sandwiches*© Company's Coming Publishing Limited

There is nothing quite like making your own stock. Keep on hand in the freezer.

Chicken (see note)	3 ½ lbs.	1.5 kg
Water to cover, approximately	14 cups	3.5 L
Chopped onion	1 ½ cups	375 mL
Medium carrots, cut up	2	2
Chopped celery	¾ cup	150 mL
Parsley flakes	1 tsp.	5 mL
Salt	1 tsp.	5 mL
Pepper	¼ tsp.	1 mL
Bay leaf (optional)	1	1
Thyme	¼ tsp.	1 mL
Whole clove	1	1

Put all ingredients into a pot. Bring to boil. Cover and simmer about 2 ½ hours. Skim as needed. Strain. Remove meat from bones and save for soup or sandwiches. Strain and chill stock. Remove and discard layer of fat before using. Makes about 10 cups (2.25 L).

Note: Fowl, such as a hen, gives maximum flavor. Frying chicken or the equivalent weight in chicken parts may be used. Necks and backs can be stored in the freezer until enough have accumulated. The addition of 4 chicken bouillon cubes will strengthen stock made from younger chickens. Stock may be boiled, uncovered, until reduced in quantity thus making it stronger. A turkey or chicken carcass can also be used to make stock. It helps to brown carcass bones in 450°F (230°C) oven before boiling. Chicken bouillon cubes added to the water will enhance flavor.

Food Basket Item	Safeway	Sobeys	Save On	Real Canadian SuperStore	Walmart	WECAN
500 g Lean Ground Beef	\$ 4.95	\$ 6.60	\$ 6.99	\$ 5.00	\$ 6.25	\$ 5.00
Whole Chicken (≈1.5 kg)	\$ 9.89	\$ 9.89	\$ 10.88	\$ 14.99	\$ 8.25	\$ 8.50
Stove Top Stuffing	\$ 2.69	\$ 2.69	\$ 2.49	\$ 1.97	\$ 0.97	\$ 1.00
1 kg Bananas	\$ 1.74	\$ 1.74	\$ 1.72	\$ 1.70	\$ 1.70	\$ 1.65
5 Royal Gala Apples	\$ 4.00	\$ 4.00	\$ 3.58	\$ 3.00	\$ 3.60	\$ 1.55
3 Kiwifruit	\$ 2.97	\$ 2.97	\$ 2.97	\$ 2.31	\$ 2.31	\$ 1.80
5 lb. Potatoes	\$ 4.49	\$ 4.49	\$ 4.49	\$ 2.49	\$ 2.97	\$ 1.90
1 Long English Cucumber	\$ 1.49	\$ 1.49	\$ 1.99	\$ 1.77	\$ 1.67	\$ 1.28
1 Green Leaf Lettuce	\$ 1.99	\$ 2.29	\$ 1.99	\$ 2.28	\$ 1.47	\$ 1.68
TOTAL	\$ 34.21	\$ 36.16	\$ 37.10	\$ 35.51	\$ 29.19	\$ 24.36