

Upcoming Events:

Deadline for your next food order: Sept. 6, 2019
Next depot pick-up days: Sept. 19 / 20, 2019

Memberships:

Your WECAN membership is only \$5 per family annually. It can be purchased from your depot coordinator any time. Our membership year is from April 1st to March 31st.

Charity Golf Tournament

Date: Aug. 18, 2019

Location: Brick and Whiskey at 8937 82 Ave., Edmonton, Riverside Golf Course.

Contact the WECAN office at 780-413-4525 or Brick and Whiskey at 780-465-4450.



PO Box 34148
RPO Kingsway Mall
Edmonton AB T5G 3G4
Phone: 780-413-4525
Fax: 780-453-1239

Email: info@wecanfood.com

Website: www.wecanfood.com

Charitable Reg. #891381394RR00001

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

THE GROCERY PEOPLE
WAREHOUSE MARKET



Your Depot:

Issue: 19-08
August 2019

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Charity Golf Tournament

Brick and Whiskey Public House (8937 82 Ave. Edmonton), in partnership with WECAN Food Basket Society, is hosting a Charity Golf Tournament on August 18th. Registration of \$140 per person (register in four-person teams) includes three meals, golf, transportation to and from the Riverside Golf Course from the Brick and Whiskey, and prizes. Proceeds will benefit the WECAN Food Basket Society. For more details or to register, please contact the WECAN office at 780-413-4525 or the Brick and Whiskey Public House at 780-465-4450.



WECAN Member Survey

Your opinion is very important to the WECAN Food Basket Society. So that we can offer the best program possible, we'll be sending out a survey soon with the food baskets. When you see it, please take a few moments to complete and return the survey the next time you visit. Thank you!



**WE ARE
MOVING**

New Location

Jerry Forbes Centre
12122 68 St
Edmonton, AB
T5B 1R1

CONTACT INFO:
TEL: (780)413-4525
EMAIL: info@wecanfood.com or
admin@wecanfood.com

www.wecanfood.com

Food Basket Item	Safeway / Sobeyes	No Frills	Save On	Real Cdn. SuperStore	Walmart	WECAN
Lean Ground Beef (.6 kg)	\$ 6.34	\$ 6.58	\$ 8.32	\$ 8.40	\$ 6.57	\$ 6.26
Chicken (1.4 kg)	\$ 8.80	\$ 8.47	\$ 9.23	\$ 9.48	\$ 9.05	\$ 9.90
Bananas (1 kg)	\$ 1.74	\$ 1.70	\$ 1.70	\$ 1.70	\$ 1.93	\$ 1.83
Medium Oranges (3)	\$ 2.63	\$ 2.74	\$ 5.28	\$ 4.59	\$ 3.30	\$ 1.68
Royal Gala Apples (3)	\$ 3.28	\$ 1.89	\$ 3.30	\$ 2.76	\$ 2.37	\$ 2.10
Countaloupe (1)	\$ 3.49	\$ 2.97	\$ 9.51	\$ 1.96	\$ 3.97	\$ 2.05
English Cucumber (1)	\$ 1.49	\$ 1.47	\$ 1.29	\$ 1.78	\$ 0.97	\$ 1.33
Broccoli Bunch	\$ 2.99	\$ 2.97	\$ 3.95	\$ 2.98	\$ 2.97	\$ 1.64
Russet Potatoes (5 lb)	\$ 5.99	\$ 3.97	\$ 4.99	\$ 3.98	\$ 3.47	\$ 2.66
TOTAL	\$ 36.75	\$ 24.29	\$ 38.34	\$ 28.15	\$ 25.55	\$ 19.55

Cooking with Your WECAN Food Basket Menu

Roasted Chicken with Lemon and Rosemary

- Reprinted with permission from atcobluflamekitchen.com/recipes

1	Broiler chicken (3lb./1.5 kg.)	1
1 tbsp	Rosemary, crumbled	15 mL.
	Salt and freshly ground pepper	
1	Medium onion cut into wedges	1
4	Strips of lemon peel (1x2 in., 2.5x5 cm.)	4
1 tbsp	Olive oil	15 mL
1 tbsp	Fresh lemon juice	15 mL



Sprinkle cavity of chicken with rosemary and ¼ tsp. (1 mL) each salt and pepper. Stuff cavity with onion wedges and lemon peels.

Place chicken, breast side up, on a rack in a shallow roasting pan. Brush chicken with oil. Drizzle lemon juice over chicken. Sprinkle with ¼ teaspoon (1 mL) each salt and pepper.

Roast at 425°F (220°C) for 60-70 minutes or until a meat thermometer inserted into chicken registers 180°F (82°C). Transfer chicken to a platter and cover with foil. Let stand for 10 minutes before carving.

Hamburger Soup

- Excerpted from bestofbridge.com with permission.

1 ½ lbs	Ground beef	680 g
1	Medium onion, finely chopped	1
1	28 oz. (796 mL) can tomatoes	1
2 cups	Water	500 mL
3	10 oz. (284 mL) cans consommé	3
1	10 oz. (284 mL) can tomato soup	1
4	Carrots, finely chopped	4
1	Bay leaf	1
3	Sticks celery, finely chopped	3
	Parsley	
½ tsp	Thyme	2 mL
	Pepper to taste	
½ cup	Pot barley	125 mL



Brown meat and onions. Drain well.

Combine all ingredients in large pot. Simmer, covered, at least 2 hours, or all day.

This recipe makes 18 soup ladles and freezes well.