

Upcoming Events:

Deadline for your next food order: January 5, 2018

Next depot pick-up days: January 18/19, 2018

WECAN Casino

December 28 / 29, 2017

Century Casino

If you have volunteered, WECAN will contact you with your scheduled times to work. Thank you, in advance, for your commitment WECAN's continued success.

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: 17- 12
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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Volunteer Appreciation

WECAN's Volunteer Appreciation event was held on November 25th. This annual holiday celebration, complete with crafts, hot meal, and door prizes is WECAN's thank you to all our dedicated volunteers who give generously of their time and talents to make WECAN a success.

A special thank you goes to The Edmonton Moravian Church (home of our Strathcona Depot) for donating the use of their basement hall and kitchen, to TGP (and especially Paul Oosterhuis) for donating the food for this event, and to Ben Lemon and Gary Nelson who came out to help set up and take down all the tables and chairs and help in the kitchen. Thank you to Merlyn and Suzanne for cooking the roasts and to everyone else who helped in the kitchen and with the crafts. We sincerely appreciate all your efforts on our behalf.

Season's Greetings

The Board of Directors of the WECAN Food Basket Society of Alberta wishes all our members Happy Holidays.

We look forward to the New Year with the hope that 2018 will bring WECAN, and all its members, success and happiness in all we do. Our wish is that your lives will be filled with love and joy throughout the coming year.



Herb of the Month - Mint

Mint is aromatic, with a not-unexpected cool and refreshing aftertaste. Peppermint and spearmint are the most common of the more than thirty mint species. Peppermint has bright green leaves and purple stems; it's more pungent than the gray-green spearmint. Mint is used in kitchens around the world, and it enlivens fruit salads, iced tea, tabbouleh, or steamed vegetables – try it with peas, corn, carrots, or potatoes.

Cooking with Your WECAN Food Basket Menu

Roasted Chicken

- Lynn Chalmers, Leduc Depot

Preparation:

Rinse bird, pat dry, salt inside of neck and body cavity. Stuff if desired allowing 250 mL to 475 mL stuffing per kilogram (½ cup to ¾ cup per pound). Tie legs together and place breast side down on a rack in a shallow roasting pan. This allows the white meat to be more moist. Cover bird with a foil tent, allowing the steam to escape but preventing early browning. Roast according to the time table:

Roasting Table:

	Weight	Oven Temp.	Time
Unstuffed	0.45 – 1 kg (1 – 2 ½ lb.)	180°C (350°F)	1 ¼ hr./kg (35 min./lb.)
	1 kg & over (2 ½ lbs. & over)	180°C (350°F)	1 ¼ hr./kg (35 min./lb.)
Stuffed	0.45 – 1 kg. (1 – 2 ½ lb.)	180°C (350°F)	1 ½ hr./kg (40 min./lb.)
	1 kg & over (2 ½ lb.& over)	180°C (350°F)	1 ½ hr./kg (40 min./lb.)

When the Chicken is Done:

To judge when poultry is done, when not using a meat thermometer, wiggle the leg. It should move easily at the hip joint. When using a meat thermometer, insert into the thigh and it should register 85°C (185°F).

Ease in Carving:

Allow the bird to rest for 20 minutes so the juices will be absorbed once it is removed from the oven.

Chicken Stock

- Lynn Chalmers, Leduc Depot

1. Put the leftover bones and skin from a chicken carcass into a large stock pot and cover with cold water. Add vegies like celery, onion, carrots, parsley.
2. Add salt and pepper, about ½ tsp. of salt and ¼ tsp. of pepper.
3. Bring to a boil and immediately reduce heat to bring the stock to barely a simmer.
4. Simmer, uncovered, at least 4 hours, occasionally skimming off the foam that comes to the surface.
5. Remove the bones and strain the stock.
6. You can put the stock in the fridge overnight and remove the solidified fat the next morning.
7. If making stock for future use in soup, you may want to reduce the stock by simmering a few hours.

Editor's note: if not using the stock immediately, it should be frozen.



Food Basket Item	Safeway	Sobeys	Save On	Real Canadian SuperStore	Walmart	WECAN
500 g Lean Ground Beef	\$ 5.94	\$ 5.94	\$ 6.99	\$ 5.50	\$ 6.25	\$ 5.00
1 Roasting Chicken	\$ 14.62	\$ 14.62	\$ 16.48	\$ 15.80	\$ 9.50	\$ 9.00
1 pkg. Stovetop Stuffing	\$ 2.69	\$ 2.00	\$ 1.33	\$ 0.97	\$ 0.77	\$ 1.00
1 kg Bananas	\$ 1.74	\$ 1.74	\$ 1.72	\$ 1.70	\$ 1.70	\$ 1.44
5 Red Delicious Apples	\$ 4.00	\$ 4.00	\$ 5.00	\$ 3.54	\$ 2.54	\$ 1.95
5 Mandarin Oranges	\$ 3.75	\$ 3.75	\$ 3.90	\$ 3.72	\$ 1.50	\$ 1.63
10 Baker Potatoes	\$ 5.99	\$ 4.99	\$ 2.85	\$ 1.99	\$ 2.97	\$ 2.30
1 head Lettuce	\$ 2.69	\$ 2.49	\$ 3.80	\$ 2.46	\$ 1.97	\$ 1.11
1 bunch Celery	\$ 1.99	\$ 1.99	\$ 2.69	\$ 1.97	\$ 1.77	\$ 1.30
TOTAL	\$ 43.41	\$ 41.52	\$ 44.76	\$ 37.65	\$ 28.97	\$ 24.73