

Upcoming Events:

Deadline for your next food order: January 4, 2019

Next depot pick-up days: January 17 / 18, 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, so it will soon be time to renew your membership.

WECAN Cookbooks are available from your Depot Coordinator – Buy your copy now for only \$10.

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.



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:



Your Depot:

Issue: 18-12
December 2018

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

To Our Volunteers

On behalf of the organizers and the WECAN Board of Directors, I would like to express my sincere thank you to everyone who stepped up and volunteered their time and efforts to make our recent Volunteer Appreciation Event such a huge success. Thank you to those who came early to help set up, and to those who stayed late to clean up. Thank you to those who helped in the kitchen with everything from peeling potatoes to carving the turkeys, to serving the meal. Thank you, as well, to the ladies who cooked the turkeys at home, made the lasagna, and prepared the salads.

A very special thank you goes out to the TGP Warehouse Market for donating the food we ate and to the Edmonton Moravian Church for the use of their kitchen and meeting hall. And thank you to Civic Service Union 52 for their donation of funds to cover the costs associated with this event. We could not have done it without any of you.

- Paige Nelson

Tips to Help Save Money on Food

- After picking up your WECAN food basket, plan menus around the food in the basket.
- Try to plan your meals for a week at a time and shop just once a week.
- Make a list and stick to it.
- Use coupons, rebates and frequent shopper programs, but only for items you really want.
- Compare prices on store brands, name brands and no-name brands.
- Buy non-parishables like rice and pasta in bulk from warehouse stores.
- Be aware of marketing strategies, such as the placement of items near the till, on your way out, in end-of-aisle bins, on middle shelves and on island displays. These items usually cost more and encourage impulse buying.
- Check discount bins.
- Never shop when you'r hungry.

Cooking with Your WECAN Food Basket Menu

Hot Choco Coffee Mix

- Reprinted from *Gifts from the Kitchen*© Company's Coming Publishing Limited

A rich, creamy, foamy drink. A great drink to sip while reading a good book.

| | | |
|-------------------------|---------|--------|
| Granulated sugar | 2/3 cup | 150 mL |
| Cocoa | 1/3 cup | 75 mL |
| Ground cinnamon | ¼ tsp. | 1 mL |
| Instant coffee granules | ¼ cup | 60 mL |

Measure sugar into small bowl. Sift cocoa, cinnamon and coffee granules into sugar. Stir. Spoon into plastic bag or jar with tight-fitting lid. Makes about 1 cup (250 mL).

Directions for Hot Choco Coffee: Heat 1 cup (250 mL) milk in large mug in microwave on high (100%) for about 2 minutes until very hot. Add 1 ½ tbsp. (25 mL) Hot Choco Coffee Mix. Stir. Serves 1

Oven Roasted Tomato Sauce

- Reprinted with permission from *100 Favourites* by the ATCO Blue Flame Kitchen

| | |
|-------------------------|-------------------------------|
| 1 can (28 oz. / 796 mL) | diced tomatoes |
| 1 tbsp (15 mL) | olive oil |
| 2 | cloves garlic, finely chopped |
| ¼ tsp (1 mL) | red pepper flakes |
| ¼ tsp (1 mL) | salt |

Combine all ingredients in a 9 inch (23 cm) square baking dish. Bake at 350°F (180°C) for 1 – 1 ¼ hours or until thickened and richly coloured. Stir occasionally and mash with a potato masher during cooking. Serve hot with meat loaf. Makes 2 cups (500 mL)

Cook's Note: This sauce is also great to use with pasta. Toss hot cooked pasta with sauce and sprinkle with shredded cheese to serve.

| Food Basket Item | Safeway / Sobeys | No Frills | Save On | Real Cdn. SuperStore | Walmart | WECAN |
|----------------------------|------------------|-----------------|-----------------|----------------------|-----------------|-----------------|
| 500 g Lean Ground Beef | \$ 6.05 | \$ 5.35 | \$ 6.99 | \$ 4.95 | \$ 6.25 | \$ 4.40 |
| 1.5 kg. Roasting Chicken | \$ 12.87 | \$ 11.65 | \$ 10.88 | \$ 11.82 | \$ 8.97 | \$ 11.00 |
| 1 kg Bananas | \$ 1.74 | \$ 1.70 | \$ 1.72 | \$ 1.70 | \$ 1.70 | \$ 1.67 |
| 5 Royal Gala Apples | \$ 5.00 | \$ 4.35 | \$ 4.00 | \$ 3.40 | \$ 4.50 | \$ 1.85 |
| 4 Chinese Mandarin Oranges | \$ 3.37 | \$ 2.60 | \$ 3.00 | \$ 3.00 | \$ 2.50 | \$ 1.00 |
| 5 lb. Potatoes | \$ 4.99 | \$ 2.60 | \$ 3.99 | \$ 2.49 | \$ 2.97 | \$ 2.18 |
| 2 lb. Carrots | \$ 1.99 | \$ 2.47 | \$ 2.40 | \$ 2.47 | \$ 1.32 | \$ 2.01 |
| 1 bunch Celery | \$ 2.49 | \$ 2.47 | \$ 3.00 | \$ 2.98 | \$ 1.47 | \$ 1.47 |
| TOTAL | \$ 38.50 | \$ 33.19 | \$ 35.98 | \$ 32.81 | \$ 29.68 | \$ 25.58 |

Cheesy Scalloped Potatoes

- Reprinted from *Enjoy – More Recipes from the Best of Bridge – Best of Bridge Cookbooks* – Robert Rose Publishing

This recipe can all be made in a food processor. Serves 8

| |
|---|
| 6 medium potatoes, peeled and sliced |
| ¼ cup diced onion |
| ¼ cup celery leaves |
| 2 sprigs parsley |
| 3 tbsp. flour |
| 1/4 cup butter |
| 1 ½ tsp. salt |
| ¼ tsp. pepper |
| 1 ½ cups milk |
| 1 to 2 cups grated sharp cheddar cheese |
| Dash of paprika |

Blend onion, celery leaves, parsley, flour, butter, salt, pepper and milk in blender, mixing thoroughly. Arrange potato slices in buttered, 2-quart baking dish. Pour mixture over potatoes; sprinkle with grated cheese and paprika. Bake in 350°F oven for approximately 50 minutes. This can be frozen and reheated.

Mashed Garlic Potatoes

- Reprinted from *Diabetic Cooking*© Company's Coming Publishing Limited

| | | |
|--|----------|-------|
| Potatoes, peeled and cut into large chunks | 1 ½ lbs. | 680 g |
| Garlic cloves, cut in half | 6 | 6 |
| Salt | 1 tsp. | 5 mL |
| Boiling water | | |
| Skim evaporated milk | 1/3 cup | 75 mL |
| Freshly ground pepper, sprinkle | | |

Cook potatoes with garlic and salt in boiling water in medium saucepan for 12 minutes until tender. Drain, reserving ¼ cup (60 mL) potato water.

Mash potato, reserved potato water, evaporated milk and pepper until smooth and fluffy. Makes 3 ½ cups (875 mL). Serves 6

1 serving: 106 Calories; 0.2 g Total Fat (0.0 g Sat., 105 mg Cholesterol); 25 mg Sodium; 4 g Protein; 23 g Carbohydrate; 2 g Dietary Fibre

Choices: 1 ½ Grains & Starches