

Upcoming Events:

Deadline for your next food order: March 9, 2018

Next depot pick-up days: March 22 / 23, 2018

WECAN 25th Anniversary Cookbook

March 1, 2018

Don't forget to send your family's favourite recipe to:

Paige: at p.nelson@telus.net or

Merlyn: at info@wecanfood.com or

Hand it in to your depot coordinator

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: 18-02
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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN – 25 Years and Growing

WECAN began 25 years ago in answer to a need in the community for food security for families struggling to make ends meet. Beginning with one depot, Abbotsfield in northeast Edmonton, WECAN has now grown to 34 depots serving Edmonton and nearby communities. And, the need for food security continues to grow as food prices increase.

Over the last 25 years, our relationship with our supplier, The Grocery People, has also continued to grow. Not only do they work with us to find the quality food at reasonable prices, they allow us to use a portion of their warehouse for sorting the orders that go out every month, they support our fundraising efforts by supplying the food for our BBQs and they generously donate the food served at our Volunteer Appreciation Event.

Our volunteer base has also grown through the years to match our increase in depots and our increased membership. Without our dedicated volunteers we would not be able to continue providing service to those who need it most.

With the continued support of TGP, our volunteers, and the community at large, WECAN will continue for another 25 years.

Carrots

This month's "soup of the month" is cream of carrot. We have also included two variations of the soup for you to try.

During cold winter months, the variety of vegetables available to us dwindles and, as a result, our menus sometimes become a little boring and repetitive. Don't let this happen in your household. Try serving old favourites in new ways or with slight variations.

Cooking carrots for supper? Just before serving try sprinkling them with a little dill. Or, lightly glaze the carrots with butter and brown sugar. Or, toss whole peeled carrots with oil and herbs and roast in the oven.

Cooking with Your WECAN Food Basket Menu

Cream of Carrot Soup

- Reprinted from *Most Loved Soups*© Company's Coming Publishing Limited

An excellent soup that can be blended to whatever texture you would like. Raid the garden and try it with homegrown carrots!

Peeled and cut up carrot	4 cups	1 L
Chicken stock or prepared broth	2 cups	500 mL
Chopped onion	1 cup	250 mL
Butter (Or hard margarine)	3 tbsp.	50 mL
All-purpose flour	3 tbsp.	50 mL
Salt	1 tsp.	5 mL
Pepper	1/8 tsp.	0.5 mL
Seasoned salt	¼ tsp.	1 mL
Mild	4 cups	1L

Combine carrot, stock and onion in saucepan. Cook until vegetables are tender. Do not drain. Cool a bit. Run through blender. Set aside.

Melt butter in saucepan over medium heat. Stir in flour, salt, pepper and seasoned salt. Add milk. Heat and stir until it boils and thickens. Add carrot mixture. Reheat and serve. Makes 7 cups (1.75 L)

Carrot Chowder: Cook 1 1/3 (325 mL) diced potato along with the carrot and onion. Has a similar flavour but is a touch mellow.

Curried Carrot Soup: Add ½ tsp. (2 mL) curry powder with flour. Has quite a mild flavour.

Beef and Corn Bake

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

Extra lean ground beef	1 lb.	454 g
Large egg	1	1
Skim evaporated milk	2/3 cup	150 mL
Chopped onion	1 cup	250 mL
Envelope of 25% less salt taco seasoning mix	1 ¼ oz.	35 g
Pepper	¼ tsp.	1 mL
Fresh bread crumbs	1 cup	250 mL
Frozen kernel corn	2 cups	500 mL
Chopped chives	1 tbsp.	15 mL

Scramble-fry ground beef in large non-stick frying pan on medium-high for about 10 minutes until browned. Drain well.

Beat egg with fork in large bowl. Add next 5 ingredients. Mix well.

Add Corn, chives and beef. Mix well. Press into greased 9x9 inch (22x22 cm) pan. Bake in 350°F (175°C) oven for about 40 minutes until browned and set. Serves 6.

Turkey and Corn Bake: Omit ground beef. Use extra lean ground turkey

Food Basket Item	Safeway	Sobeys	Save On	Real Canadian SuperStore	Walmart	WECAN
500 g Lean Ground Beef	\$ 3.73	\$ 3.73	\$ 6.82	\$ 5.00	\$ 6.25	\$ 5.00
600 g Chicken Thighs	\$ 4.50	\$ 4.50	\$ 6.18	\$ 3.96	\$ 4.32	\$ 4.19
500 g Pork Tenderloin	\$ 9.02	\$ 9.02	\$ 9.91	\$ 8.50	\$ 7.13	\$ 5.50
1 kg Bananas	\$ 1.74	\$ 1.74	\$ 1.72	\$ 1.70	\$ 1.70	\$ 1.61
4 Oranges	\$ 4.79	\$ 4.79	\$ 4.00	\$ 4.86	\$ 4.86	\$ 2.28
5 Royal Gala Apples	\$ 4.39	\$ 4.39	\$ 3.00	\$ 5.42	\$ 3.00	\$ 1.30
10 Baking Potatoes	\$ 3.99	\$ 3.99	\$ 4.99	\$ 2.49	\$ 2.49	\$ 2.00
2 lb. Carrots	\$ 1.99	\$ 1.99	\$ 2.40	\$ 1.97	\$ 1.32	\$ 1.35
1 bunch Celery	\$ 1.50	\$ 1.50	\$ 2.20	\$ 1.86	\$ 1.77	\$ 1.31
TOTAL	\$ 35.65	\$ 35.65	\$ 41.22	\$ 35.76	\$ 32.84	\$ 24.54