

Upcoming Events:

Deadline for your next food order: March 8, 2019

Next depot pick-up days: March 21 / 22, 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 Casino

Date: July 26 and 27, 2019

Location: Century Casino (13103 Fort Road, Edmonton)

Annual General Meeting

The next Annual General Meeting of the WECAN Food Basket Society is scheduled for Saturday, May 25, 2019. Mark your calendars and plan to attend.



WECAN
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Society

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Your Depot:

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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN Events

Every two years WECAN benefits from a casino event. This event allows us to continue our programming by providing the necessary funds for such things as staff salaries and rent for our office space. Our next casino is scheduled for Friday, July 26th and Saturday, July 27th. Volunteers are needed for each day and both daytime and night shifts are available. If you can help us by volunteering, please call our office at 780-413-4525 for more information.

The next Annual General Meeting of the WECAN Food Basket Society of Alberta is scheduled for Saturday, May 25, 2019 at our Strathcona Depot (Edmonton Moravian Church). This is your chance to hear the latest updates about WECAN, learn about any future plans, ask questions, and voice any concerns directly to the board of directors. All are welcome. Please plan to attend.

Tips for Healthy Eating from Canada's New Food Guide

Cooking and preparing food at home can support healthy eating habits and can help lower your food costs. Here are some tips from Canada's New Food Guide:

1. **Cook once and eat twice:** Cook enough for another meal. This doesn't mean that you need to eat the same meal twice. Get creative with leftovers to make a whole new meal. For example – cook twice the chicken or ground turkey you need and keep the extras to make chicken salad, enchiladas, chili or spaghetti sauce.
2. **Become a big batch cook:** Batch cooking simply means making meals and snacks in bigger batches and freezing them in meal-size portions for convenient week-day meals. This can save you time and money. Chili, soups, stews and casseroles are healthy homemade options ideal for batch cooking.
3. **Keep healthy options on hand:** The best way to cook quick, healthy meals and snacks is to keep your kitchen stocked with healthy ingredients such as soup broth, pre-cut vegetables, and your favourite herbs and spices.

Cooking with Your WECAN Food Basket Menu

Potato Broccoli Soup

- Reprinted from *The Potato Book* © Company's Coming Publishing Limited

Medium onions, chopped	2	2
Garlic clove, minced (or ¼ tsp., 1 mL, powder), optional	1	1
Margarine (or butter)	1 tbsp.	15 mL
Peeled diced potato	4 cups	1 L
Vegetable bouillon powder	2 tbsp.	30 mL
Diced broccoli	4 cups	1 L
Salt	1 tsp.	5 mL
Pepper	¼ tsp.	1 mL
Water	6 cups	1.5 L
Can of skim evaporated milk	13 ½ oz.	385 mL
Grated light sharp Cheddar cheese	½ cup	125 mL

Sauté onion and garlic in margarine in large saucepan or Dutch oven for about 10 minutes until soft and starting to turn golden.

Add next 6 ingredients. Bring to a boil. Cook until potatoes are tender. Do not drain.

Stir in the milk. Remove some of the solids with a slotted spoon to a small bowl. Purée remainder. Add solids.

Sprinkle each serving with 1 tbsp. (15 mL) grated cheese. Makes 10 ¾ cups (2.7 mL)

1 cup (250 mL): 129 Calories; 2.6 g Total Fat; 691 mg Sodium; 7 g Protein; 20 g Carbohydrate; 2 g Dietary Fiber

Jambalaya Casserole

- Reprinted from *The Beef Book* © Company's Coming Publishing Limited

Lean ground beef	1 lb.	454 g
Garlic clove, minced (or ¼ tsp., 1 mL powder)	1	1
Medium onion, chopped	1	1
Medium green pepper, chopped	1	1
Chopped fresh parsley (or ¾ tsp., 4 mL flakes)	1 tbsp.	15 mL
Worcestershire sauce	½ tsp.	2 mL
Chilli powder	½ tsp.	2 mL
Salt	1 tsp.	5 mL
Pepper	¼ tsp.	1 mL
Can of stewed tomatoes, with juice, chopped	28 oz.	796 mL
Long grain white rice, uncooked	¾ cup	175 mL
Bay leaf	1	1
Paprika	1 tsp.	5 mL

Scramble-fry ground beef, garlic and onion in non-stick frying pan until beef is no long pink. Drain.

Combine remaining 10 ingredients in large bowl. Add beef mixture. Mix well. Turn into lightly greased 3-quart (3 L) casserole. Cover. Bake in 350°F (175°C) oven for 1 ¼ hours until rice is cooked. Serves 6.

1 Serving: 249 Calories; 6.8 g Total Fat; 853 mg Sodium; 17 g Protein; 31 g Carbohydrate; 3 g Dietary Fiber

Oven Fries

- Reprinted from *The Potato Book* © Company's Coming Publishing Limited

Peeled potatoes (about 4 medium), cut into narrow fingers	2 lbs.	900 g
Cooking oil	1 tbsp.	15 mL
Salt	½ tsp.	2 mL
Pepper, sprinkle		

Combine potato and cooking oil in large bowl. Toss gently to coat well. Spread on greased baking sheet. Bake in 450°F (230°C) oven for 40 to 45 minutes, turning once or twice, until tender.

Sprinkle with salt and pepper. Serves 4

1 Serving: 119 Calories; 3.6 g Total Fat; 346 mg Sodium; 2 g Protein; 20 g Carbohydrate; 2 g Dietary Fiber

Food Basket Item	Safeway	No Frills	Save On	Real Cdn.	Walmart	WECAN
	/ Sobeys			SuperStore		
500 g Lean Ground Beef	\$ 5.95	\$ 4.50	\$ 7.00	\$ 8.00	\$ 6.00	\$ 4.75
500 g Pork Tenderloin	\$ 9.15	\$ 7.20	\$ 8.52	\$ 7.44	\$ 5.26	\$ 5.50
1 pkg Chicken Sausage	\$ 5.49	\$ 4.27	\$ 3.49	\$ 4.28		\$ 3.99
1 kg Bananas	\$ 1.74	\$ 1.70	\$ 1.72	\$ 1.73	\$ 1.92	\$ 1.67
3 Gala Apples	\$ 1.99	\$ 1.36	\$ 2.99	\$ 3.20	\$ 0.95	\$ 1.16
4 Oranges	\$ 2.68	\$ 2.25	\$ 2.99	\$ 2.75	\$ 2.64	\$ 2.12
5 lb. Potatoes	\$ 3.00	\$ 1.00	\$ 4.99	\$ 3.48	\$ 2.97	\$ 2.22
2 lb. Carrots	\$ 2.49	\$ 2.47	\$ 2.99	\$ 2.98	\$ 1.97	\$ 1.44
1 Bunch Broccoli	\$ 2.49	\$ 2.97	\$ 4.49	\$ 2.49	\$ 5.95	\$ 1.59
TOTAL	\$ 34.98	\$ 27.72	\$ 39.18	\$ 36.35	\$ 27.66	\$ 24.44