

Upcoming Events:

Deadline for your next food order: February 6, 2015

Next depot pick-up days: Feb. 19/20, 2015

Membership Renewal: Annual memberships are due to be renewed soon. Memberships are effective from April 1, 2015 to March 31, 2016 and can be purchased from your Depot Coordinator or by contacting the WECAN office.

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.

WECAN accepts money donations from members, past members, friends and family of members, as well as businesses. A taxable charitable donation receipt will be issued. We are currently fundraising \$10,000 for our Edmonton Community Foundation endowment fund to help with operational expenses. Please consider donating to your organization.

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



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Charitable Reg. #891381394RR00001



Your Depot:

Issue: 15-01
January, 2015

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Food Basket Prices

As the price of food (particularly meat) continues to rise, the pressure to continue to provide the same variety of food in our monthly basket becomes greater. To accommodate the rising prices and the needs of our members we are taking a serious look at the size of the portions as well as the composition of our monthly basket. In an effort to maintain the cost at \$25, we need your input. Would you be willing to accept only two meat choices instead of the current three? Or, should we continue with three choices but decrease the portion size? Let your Depot Coordinator know your preference, or call our office and let us know your opinion.

WECAN is Moving

We have our possession date – February 1st. Very soon everything will be back to normal in our office with a space we can call our own for the next five years.

Food Finance

Making the Most of Your Food Dollars

Lesson 6: At the Supermarket:

To make the most of your trip to the market take a minute to think about where the items you need are located in that store. In general, meals and snacks made from scratch in your own kitchen are more cost effective than buying processed foods. So, where are the raw materials for cooking at home?

Fresh produce, meats, and dairy products are all located around the outside edges of the supermarket. It makes good economic sense to concentrate on these areas first. Pick up the meat and produce items you need as well as any dairy products first, then proceed to the inside aisles to get items such as frozen vegetables, soups, and spices that you may need to complete your weekly menu.

If you are on a tight budget, it is a good idea to carry a calculator with you to keep track of the total price of the items in your cart as you go along. This way there will be no surprises when you arrive at the checkout. Also, you will be less likely to purchase items on impulse that you truly do not need but may look appetizing.

Sticking to your weekly menu and your grocery list will soon yield results for your household budget. After a few weeks of shopping in this way, it will become a habit and you will wonder how you ever managed in the past.

Fish Au Gratin Casserole

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| | | |
|------------------------------|----------|--------|
| Fish fillets | 1½ lbs. | 680 g |
| Salt | ½ tsp. | 2 mL |
| Cooking oil | 2 tbsp. | 30 mL |
| Chopped onion | 1 cup | 250 mL |
| All-purpose flour | 3 tbsp. | 50 mL |
| Salt | ½ tsp. | 2 mL |
| Pepper | 1/8 tsp. | 0.5 mL |
| Milk | 1½ cups | 375 mL |
| Grated medium Cheddar cheese | 1 cup | 250 mL |

Lay fish fillets in greased 3 quart (3 L) casserole. Sprinkle with first amount of salt.

Heat cooking oil in frying pan. Add onion. Sauté gently until soft.

Mix flour, salt and pepper into onion. Stir in milk until it boils and thickens. Pour over fish.

Sprinkle with cheese. Bake, uncovered in 350°F (175°C) oven for 30 to 35 minutes until fish flakes easily. Serves 4 to 6.

Oven Crisp Fish

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|----------------------------------|----------|--------|
| Cooking oil | ¼ cup | 60 mL |
| Salt | ¼ tsp. | 1 mL |
| Pepper | 1/8 tsp. | 0.5 mL |
| Seasoned salt | ¼ tsp. | 1 mL |
| Fish fillets, your choice | 1 ½ lbs. | 680 g |
| Grated Parmesan cheese, sprinkle | | |
| Crushed corn flakes | ½ cup | 125 mL |

Combine cooking oil, salt, pepper and seasoned salt in small bowl.

Brush both sides of fillets with oil mixture. Place fillets in shallow bowl. Pour remaining cooking oil mixture over top. Marinate for 15 minutes.

Remove fillets from marinade. Sprinkle lightly with Parmesan cheese. Dip in crushed corn flakes. Arrange in single layer in greased baking pan. If you line pan with greased foil, it helps with clean up. Bake in 450°F (230°C) oven for 12 to 15 minutes until fish flakes when tested with a fork. Serves 4

Muffin Cup Meat Loaves

- Reprinted with permission from *Everyday Delicious 2008* by the ATCO Blue Flame Kitchen

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|-------------------------------------|
| 1 tsp (5 mL) oil |
| ½ cup (125 mL) finely chopped onion |
| ¼ cup (50 mL) shredded carrot |
| 1 clove garlic, finely chopped |
| 1 lb (0.5 kg) lean ground beef |
| ½ cup (125 mL) soda cracker crumbs |
| ¼ cup (50 mL) ketchup |
| 1 tbsp. (15 mL) prepared mustard |
| 1 tsp. (5 mL) Worcestershire sauce |
| ½ tsp. (2 mL) oregano, crumbled |
| ¼ tsp. (1 mL) freshly ground pepper |
| 1/8 tsp. (0.5 mL) salt |
| Dash hot pepper sauce |
| 1 egg, beaten |
| 2 tbsp. (25 mL) ketchup |

Heat oil in a fry pan over medium heat. Add onion, carrot and garlic; sauté until softened, about 5 minutes. Cool to room temperature. Combine onion mixture with next 10 ingredients (beef through beaten egg). Spoon mixture into 8 greased non-stick muffin cups. Spread 2 tbsp. (25 mL) ketchup on top of meat loaves. Bake at 350°F (180°C) for 30 – 35 minutes or until a meat thermometer inserted in centres registers 170°F (77°C). Let stand for 5 minutes before serving. Makes 8

| Food Basket Item | Safeway | Save On | Sobeys | Real Canadian SuperStore | Walmart | Wecan Food Basket Society |
|--------------------------------|-----------------|-----------------|-----------------|--------------------------|-----------------|---------------------------|
| 500 g Lean Ground Beef | \$ 11.44 | \$ 12.10 | \$ 12.10 | \$ 10.48 | \$ 11.11 | \$ 5.25 |
| 1 lb Basa Fillets | \$ 3.89 | \$ 4.49 | \$ 4.49 | \$ 3.25 | \$ 4.88 | \$ 4.20 |
| 1 kg Chicken Legs , Backs Att. | \$ 5.71 | \$ 7.00 | \$ 7.25 | \$ 4.34 | \$ 4.34 | \$ 4.39 |
| 1 kg Bananas | \$ 1.94 | \$ 1.94 | \$ 1.74 | \$ 1.70 | \$ 1.70 | \$ 1.50 |
| 1 kg Royal Gala Apples | \$ 2.84 | \$ 3.95 | \$ 3.94 | \$ 3.90 | \$ 3.90 | \$ 1.91 |
| 4 Kiwi Fruit | \$ 2.76 | \$ 2.76 | \$ 2.76 | \$ 3.52 | \$ 2.68 | \$ 1.42 |
| 5 lb Russet Potatoes | \$ 3.99 | \$ 3.99 | \$ 3.49 | \$ 3.85 | \$ 2.67 | \$ 1.81 |
| 2 lb Carrots | \$ 1.79 | \$ 1.38 | \$ 1.59 | \$ 1.97 | \$ 1.97 | \$ 1.29 |
| 1 Bunch Celery | \$ 1.99 | \$ 2.98 | \$ 1.59 | \$ 2.47 | \$ 1.77 | \$ 1.42 |
| 1 Jumbo Onion | \$ 0.79 | \$ 1.29 | \$ 1.49 | \$ 1.28 | \$ 0.47 | \$ 0.40 |
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| TOTAL | \$ 37.14 | \$ 41.88 | \$ 40.44 | \$ 36.76 | \$ 35.49 | \$ 23.59 |