

Upcoming Events:

Deadline for your next food order: February 3, 2017

Next depot pick-up days: February 16 / 17, 2017

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.

Happy New Year!

Annual Memberships

The WECAN annual membership is \$5.00 per family. Our membership year is April 1st to March 31st. To purchase your membership, contact your Depot Coordinator.



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



Your Depot:

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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Welcome to 2017

As we once again usher in a new year, it is the time when many of us make resolutions, promises to ourselves to get fit, get healthy, eat better, or change one poor habit. The start of a new year is often the time to reflect on the year past and consider what we can do to make the coming year more successful.

If one of your resolutions was to improve your eating habits and to embrace a healthy diet, then WECAN is here to help. As we go through the year we will be highlighting various herbs as an alternative to salt for seasoning our food. Herbs not only bring out the flavour of various dishes, but many also have a health benefit that may be helpful.

Many herbs, such as basil, parsley, and chives, can be grown on a windowsill indoors all year round, ready for instant harvest as needed to incorporate into your favourite dishes.

Storage Tip: stand fresh herbs upright in a jar or juice glass half filled with water and cover loosely with a plastic bag (such as our produce bags) and keep in the fridge.

WECAN Produce Orders

As many of you have noticed in your trips to the grocery store, produce prices have been on the rise once again. This increase in price makes it difficult for everyone, including WECAN, to stay on budget.

Sometimes our members may notice that even though the order indicates that will get 4 oranges, they only get 3; or, instead of 5 apples, the order only contains 4. When this happens, the difference is made up with additional bananas or the other fruit in the order. When buying case lots, or bags, of produce that are sold by weight it is often difficult to give each member the same number of each item.

Increasing prices will continue to test our creativity as we do our best to work within our limited budget.

Herb of the Month – Dill

Fresh dill's green and feathery leaves, also called dill weed, have a subtle flavour that fades when cooked. Dill seeds are also edible, and they have a strong taste that intensifies with cooking. Dill seeds are often used in pickling. Try sprinkling fresh dill weed (or dried dill) over green beans, carrots, poultry, eggs, or potatoes. Or, make a dressing for sliced cucumbers with fresh dill, chopped garlic, and fat-free plain yogurt.

Dill is said to ease indigestion and stomach upset, sooth colic and stop hiccups.

Cooking with Your WECAN Food Basket Menu

Herbed Oven-Fried Chicken

- Reader's Digest Book of Healthy Cooking

- 2 lbs (900 g) chicken thighs
- 3 egg whites
- 1 cup (250 mL) bread crumbs
- 1 clove garlic, finely chopped
- 3 tbsp. (45 mL) chopped fresh herbs, such as parsley, chives, or dill
- 1 tbsp. (15 mL) finely grated lemon zest
- 1/8 tsp. (0.5 mL) each salt and pepper
- ¼ cup (75 mL) all-purpose flour
- 2 tbsp. (50 mL) olive or canola oil.

Preheat the oven to 350°F. Remove the skin from the chicken thighs.

Lightly whisk the egg whites together in a shallow dish until just foamy. In another shallow dish, combine the bread crumbs with the garlic, herbs, lemon zest, salt and pepper, and spread out evenly.

Dredge the chicken thighs very lightly with the flour. Dip the floured thighs in the egg whites to cover completely. Roll the thighs in the seasoned bread crumbs, pressing the bread crumbs onto the meat with your fingers to form an even layer.

In a large oven-safe skillet, heat the oil over moderate heat. Add half of the thighs and cook about 3 minutes or until they are well-browned on one side.

Turn thighs and brown the other side. Transfer to a plate and brown remaining pieces in the same way. Return all the thighs to the skillet and bake 30 minutes or until cooked through.

Pan-Fried Pork Chops

- Cook's Country "Best Ever Recipes"

- 1 tsp. garlic powder
- ½ tsp. paprika
- ½ tsp. salt
- ½ tsp. pepper
- ¼ tsp. cayenne pepper
- 1 cup all-purpose flour
- 4 pork chops, about ¾ inch thick, trimmed
- 3 slices bacon, chopped
- ½ cup vegetable oil

Combine garlic powder, paprika, salt, pepper, and cayenne in bowl. Spread flour in shallow dish.

Pat chops dry with paper towels. Cut 2 slits about 2 inches apart through outer layer of fat and connective tissue on each chop. (This prevents the pork chop from curling when fried.) Working with 1 chop at a time, sprinkle both sides with spice mixture, dredge lightly in flour (do not discard flour), and transfer to a plate. Let chops rest for 10 minutes.

Meanwhile, cook bacon in 12-inch non-stick skillet over medium heat until fat renders and bacon is crisp, 5 to 7 minutes. Using slotted spoon, transfer bacon to paper towel-lined plate and reserve for another use (good as a topping for baked potatoes). Do not wipe out pan.

Add oil to pan and heat over medium-high heat until just smoking. Dredge both sides of chops in flour and transfer to pan. Cook until chops are well browned, 3 to 4 minutes per side. Serve

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	WECAN
500 g Lean Ground Beef	\$ 3.75	\$ 5.50	\$ 3.75	\$ 4.75	\$ 6.25	\$ 4.50
900 g Chicken Thighs	\$ 8.71	\$ 5.54	\$ 9.50	\$ 6.74	\$ 7.45	\$ 6.29
500 g Boneless loin chops	\$ 4.84	\$ 8.25	\$ 8.26	\$ 6.50	\$ 8.00	\$ 4.25
1 kg Bananas	\$ 1.72	\$ 1.90	\$ 1.72	\$ 1.72	\$ 1.72	\$ 1.61
4 Oranges	\$ 2.21	\$ 1.96	\$ 3.73	\$ 2.50	\$ 2.14	\$ 1.44
5 Royal Gala Apples	\$ 2.50	\$ 2.54	\$ 4.93	\$ 1.50	\$ 1.98	\$ 2.05
10 Baker Potatoes	\$ 3.00	\$ 4.49	\$ 3.50	\$ 3.00	\$ 4.02	\$ 2.00
1 cello Lettuce	\$ 2.00	\$ 1.59	\$ 2.00	\$ 1.46	\$ 1.77	\$ 1.24
Celery Stalks	\$ 2.99	\$ 1.69	\$ 1.99	\$ 1.95	\$ 1.47	\$ 1.39
TOTAL	\$ 31.72	\$ 33.46	\$ 39.38	\$ 30.12	\$ 34.80	\$ 24.77