

Upcoming Events:

Deadline for your next food order: February 9, 2018

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

WECAN 25th Anniversary Cookbook

March 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: 18-01
January 2018

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN 25th Anniversary

2018 is WECAN's 25th Anniversary. That's right, this year marks our 25th year in operation. Wecan has grown tremendously since that first year with a few families joining together to take advantage of buying in bulk to a membership in excess of 600 families and individuals.

To celebrate this important milestone, WECAN is publishing a cookbook showcasing the favourite recipes of our membership. Recipes that use ingredients from the monthly food basket, recipes that have been handed down through generations of a family, and new recipes created by our members – all these are eligible for inclusion in the cookbook.

We want to have all the recipes collected by the end of March so that the cookbook can be published by the end of April. Send your favourites to:

p.nelson@telus.net or

info@wecanfood.com or

give them to your coordinator so they can be collected and included.

Stay tuned for future updates on our progress.

Soup of the Month

Throughout 2018 we will be featuring a "Soup of the Month" using one or more of the food items in the basket. Some of the recipes will be new, some will be repeats of passed favourites. All of them will be delicious.

Soup is one dish that can be used as a first course in a larger meal menu, or served with a sandwich or salad for lunch, or even served as a meal on its own.

Don't know what to do with a single serving of leftover vegetables – add them to soup. How about a small bit of leftover stew – add some broth and make soup. Versatile and satisfying, the possibilities are endless when it comes to soup.

Cooking with Your WECAN Food Basket Menu

Cabbage Veggie Soup

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

Medium potatoes, diced	1	1
Medium carrot, sliced	1	1
Chopped onion	½ cup	125 mL
Coarsely grated cabbage, lightly packed	1 cup	250 mL
Water	3 cups	750 mL
Chicken bouillon powder	1 tbsp.	15 mL
Salt, sprinkle		
Pepper, sprinkle		

Combine all 8 ingredients in saucepan. Cook, covered, for 15 to 20 minutes until vegetables are tender. Makes 3 2/3 cups (900 mL).

1 serving contains: 103 Calories (430 kJ); 1 g fat; 4 g protein; 1163 mg Sodium

Editor's Note: This is our "Soup of the Month" and can be made using the 3-color coleslaw as a substitute for the cabbage and carrots. It can also easily be doubled to serve a larger family.

Coleslaw Dressing

- Paige Nelson, Strathcona Depot

Sugar	¼ cup	60 mL
White Vinegar	¼ cup	60 mL
Milk	¼ cup	60 mL

Thoroughly whisk all ingredients together. Pour over coleslaw and toss together.

Variations:

1. Use vegetable oil in place of the milk.
2. Substitute oil for the milk and use cider vinegar in place of the white vinegar.
3. For a creamier dressing, mix dressing with ¼ cup mayonnaise.
4. Add 1 tbsp. dill weed for a different taste.

Food Basket Item	Safeway	Sobeys	Save On	Real Canadian SuperStore	Walmart	WECAN
500 g Lean Ground Beef	\$ 3.72	\$ 5.94	\$ 6.99	\$ 5.50	\$ 6.25	\$ 5.00
800 g Chicken Thighs	\$ 8.64	\$ 8.64	\$ 7.68	\$ 10.00	\$ 7.52	\$ 5.59
1 pkg. Turkey Sausages	\$ 5.49	\$ 5.49	\$ 4.99	\$ 4.28	\$ 5.00	\$ 3.75
1 kg Bananas	\$ 1.74	\$ 1.74	\$ 1.72	\$ 1.70	\$ 1.70	\$ 1.61
5 Royal Gala Apples	\$ 4.39	\$ 4.39	\$ 4.48	\$ 4.29	\$ 2.79	\$ 1.45
4 Bartlett Pears	\$ 4.35	\$ 4.35	\$ 4.98	\$ 4.94	\$ 4.40	\$ 2.57
2 lb. Carrots	\$ 2.99	\$ 2.99	\$ 2.40	\$ 1.74	\$ 1.32	\$ 1.35
3 lb. Onions	\$ 3.00	\$ 3.00	\$ 3.00	\$ 1.97	\$ 1.97	\$ 1.13
3-color Coleslaw	\$ 1.99	\$ 1.99	\$ 1.99	\$ 1.77	\$ 1.77	\$ 1.87
TOTAL	\$ 36.31	\$ 38.53	\$ 38.23	\$ 36.19	\$ 32.72	\$ 24.32