

Upcoming Events:

Deadline for your next food order: August 4, 2017

Next depot pick-up days: August 17 / 18, 2017

WECAN Casino

December 28 / 29, 2017
Century Casino

Volunteers are needed in various positions. Please contact the WECAN office for further information, or to volunteer. Please note: volunteers are responsible for their own transportation.

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: 17-07
July 2017

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Fundraising BBQ

On June 15th WECAN successfully sold hotdogs, pop, and chips at TGP to raise funds for the organization and to raise awareness of our group.

Many thanks go to **Paul, Meat Manager at TGP**, for suggesting, and helping us organize, this event. Also, a big thank you to **TGP** for the use of their BBQ, and for donating the buns, pop, chips, onions and all the condiments for the smokies. The smokies and the tent were very kindly donated by Grimm's.

Volunteers who assisted Suzanne with the set up, and then cooked, served and sold smokies, and promoted WECAN to all who would listen, included Paige and Gary Nelson and Dawn Arnold. Thank you for all your efforts towards this successful event.

Donations

A big thank you goes out to the **Edmonton Realtors Foundation** for their recent donation of \$2,000. This support for our program is truly appreciated and every dollar will be put to good use.

Edmonton Metro Features WECAN

Reporters from "Edmonton Metro" newspaper attended one of our new depots that opened in cooperation with the Islamic Family & Social Services Association and the Edmonton Multicultural Coalition. The result was an article in the June 22nd issue of "Edmonton Metro" featuring interviews with two new members picking up their food at the Al Rashid Mosque.

Herb of the Month – Mint

Mint is aromatic, with a not-unexpected cool and refreshing aftertaste. Peppermint and spearmint are the most common of the more than thirty mint species. Peppermint has bright green leaves and purple stems; it's more pungent than the gray-green spearmint. Mint is used in kitchens around the world, and it enlivens fruit salads, iced tea, tabbouleh, or steamed vegetables – try it with peas, corn, carrots, or potatoes.

Cooking with Your WECAN Food Basket Menu

Turkey Sausage Pasta

- Reprinted from *30 Minute Weekday Meals*© Company's Coming Publishing

Medium bow (or other medium sized pasta) (about 6 ½ oz., 184 g)	3 cups	750 mL
Boiling water	8 cups	2 L
Salt	1 tsp.	5 mL
Cooking oil	2 tsp.	10 mL
Thinly sliced red pepper	1 cup	250 mL
Sliced red onion	¾ cup	175 mL
Turkey sausages, casings removed, chopped	¾ lb.	340 g
Basil pesto	3 tbsp.	50 mL
Grated Parmesan cheese	2 tbsp.	30 mL

Cook pasta in boiling water and salt in large uncovered pot or Dutch oven for 10 to 12 minutes, stirring occasionally, until tender but firm. Drain. Return to same pot. Cover to keep warm.

Meanwhile, heat cooking oil in large frying pan on medium. Add red pepper and onion. Cook for about 5 minutes, stirring often, until onion starts to soften.

Add sausage. Cook for about 8 minutes, stirring occasionally, until sausage is no longer pink and onion is softened.

Add pesto. Stir. Add to pasta. Toss well. Remove to large serving dish.

Sprinkle with Parmesan cheese. Serves 4.

Taco Loaf

- Reprinted from *Rush-Hour Recipes*© Company's Coming Publishing

Lean ground beef	1 lb.	454 g
Chopped onion	½ cup	125 mL
Chopped green pepper	½ cup	125 mL
Chopped red pepper	½ cup	125 mL
Jar of bean dip	9 oz.	255 g
Can of diced green chilies	4 oz.	113 g
Envelope of taco seasoning mix	1 ¼ oz.	35 g
French bread loaf, cut in half lengthwise	1	1
Diced tomato	½ cup	125 mL
Sliced green onion	¼ cup	60 mL
Grated Cheddar (or mozzarella or Monterey Jack with Jalapeno) cheese	1 cup	250 mL

Scramble-fry ground beef and onion in medium frying pan for about 5 minutes until beef is no longer pink. Add both peppers. Sauté for 2 minutes. Drain.

Add bean dip, green chilies and taco seasoning. Cook for 2 to 3 minutes, stirring often, until heated through.

Divide and spread beef mixture on each loaf half. Transfer to ungreased baking sheet.

Divide and sprinkle tomato green onion and cheese over beef mixture. Broil about 8 inches (20 cm) from heat for 1 to 2 minutes until hot and cheese is melted. Each half cuts into 6 to 8 pieces, for a total of 12 to 16 pieces.

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	WECAN
500 g Lean Ground Beef	\$ 3.75	\$ 6.99	\$ 3.75	\$ 4.39	\$ 6.50	\$ 5.50
500 g Eye of Round Steak	\$ 9.13	\$ 9.14	\$ 8.69	\$ 7.24	\$ 8.24	\$ 5.50
Turkey Sausage	\$ 3.99	\$ 4.99	\$ 3.99	\$ 4.28	\$ 5.00	\$ 3.99
1 kg Bananas	\$ 1.74	\$ 1.72	\$ 1.74	\$ 1.70	\$ 1.70	\$ 1.44
5 Red Delicious Apples	\$ 4.00	\$ 4.00	\$ 4.00	\$ 3.00	\$ 3.30	\$ 2.02
3 Kiwi fruit	\$ 1.50	\$ 2.07	\$ 1.50	\$ 2.01	\$ 2.01	\$ 1.32
Long English Cucumber	\$ 1.00	\$ 1.29	\$ 1.00	\$ 1.37	\$ 0.97	\$ 1.12
10 Baker Potatoes	\$ 4.99	\$ 4.99	\$ 4.99	\$ 2.74	\$ 2.74	\$ 2.00
Three Color Coleslaw	\$ 1.99	\$ 1.99	\$ 1.99	\$ 1.98	\$ 1.77	\$ 1.57
TOTAL	\$ 32.09	\$ 37.18	\$ 31.65	\$ 28.71	\$ 32.23	\$ 24.46