

## Upcoming Events:

**Deadline for your next food order: Aug. 2, 2019**

**Next depot pick-up days: Aug. 15 / 16, 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 1<sup>st</sup> to March 31<sup>st</sup>.

### WECAN Casino

**Date:** July 26 and 27, 2019

**Location:** Century Casino (13103 Fort Road, Edmonton)

### Charity Golf Tournament

**Date:** Aug. 28, 2019

**Location:** Brick & Whiskey (8937 82 Ave., Edmonton), Riverside Golf Course.

Contact the WECAN office at 780-413-4525.



**WECAN**  
Food Basket  
Society

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Charitable Reg. #891381394RR00001

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THE GROCERY PEOPLE  
**WAREHOUSE MARKET**



### Your Depot:

Issue: 19-07  
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# FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

### Charity Golf Tournament

Brick and Whiskey Public House (8937 82 Ave. Edmonton), in partnership with WECAN Food Basket Society, is hosting a Charity Golf Tournament on August 18<sup>th</sup>. Registration of \$140 per person (register in four-person teams) includes three meals, golf, transportation to and from the Riverside Golf Course from the Brick and Whiskey, and prizes. Proceeds will benefit the WECAN Food Basket Society. For more details or to register, please contact the WECAN office at 780-413-4525 or the Brick and Whiskey Public House at 780-465-4450.



### WECAN Casino

Our next Casino will be held Friday, July 26<sup>th</sup> and Saturday, July 27<sup>th</sup> at Century Casino (13103 Fort Road). If you can help, please call our office at (780) 413-4525.

## Cooking with Your WECAN Food Basket Menu

### Shepherd's Pie

- Recipe Courtesy of Save On Foods [www.saveonfoods.com/recipes](http://www.saveonfoods.com/recipes)

1½ cup.	Mashed potatoes	360 mL
1 lb	Extra lean ground beef	500 g
1 tbsp	Olive oil	15 mL
1	Medium onion chopped finely	1
1 cup.	Carrot coarsely grated	250 mL
1	14 oz/398 mL can creamed corn	1
½ cup	Low fat cheddar, shredded	125 mL

Preheat oven to 350°F (180°C).

If not using leftovers, peel, boil, and mash potatoes Season to taste with low fat milk, margarine, salt, and pepper. Set aside.

In large saucepan over medium heat, cook ground beef until almost done. Drain any visible fat. Add olive oil and onion and sauté for about 5 minutes. Add carrots and cook for an additional 5 minutes.

Spread beef mixture into a large casserole dish. Cover with creamed corn. Top with mashed potatoes. Spread evenly. Sprinkle cheese on top. Bake for 30 minutes.

Recipe makes 7 servings

#### Cooking Tip:

Vary this recipe by substituting any vegetables for carrots. Peas, green beans. or broccoli work well.

Food Basket Item	Real Cdn.				
	No Frills	Save On	SuperStore	Walmart	WECAN
Lean Ground Beef (.5 kg)	\$ 7.00	\$ 7.00	\$ 7.00	\$ 5.50	\$ 4.75
Pork Loin (.5 kg)	\$ 7.68	\$ 8.80	\$ 4.99	\$ 10.80	\$ 10.49
Chicken Thighs (1.5 kg)	\$ 14.95	\$ 16.50	\$ 15.42	\$ 9.70	\$ 10.49
Bananas (1 kg)	\$ 1.70	\$ 1.70	\$ 1.70	\$ 1.93	\$ 1.67
Royal Gala Apples (3)	\$ 2.73	\$ 3.30	\$ 2.76	\$ 2.73	\$ 1.95
Pears (2)	\$ 1.82	\$ 2.02	\$ 1.56	\$ 1.74	\$ 1.74
Green Leaf Lettuce	\$ 1.67	\$ 2.49	\$ 2.48	\$ 1.47	\$ 1.62
Carrots (2 lb)	\$ 1.97	\$ 4.49	\$ 1.97	\$ 1.96	\$ 1.51
Russet Potatoes (5 lb)	\$ 2.73	\$ 4.99	\$ 6.98	\$ 2.73	\$ 2.36
<b>TOTAL</b>	<b>\$ 27.30</b>	<b>\$ 34.79</b>	<b>\$ 29.44</b>	<b>\$ 28.86</b>	<b>\$ 26.09</b>
Pork alternative chicken thighs	\$ 34.57	\$ 42.49	\$ 39.87	\$ 27.76	\$ 26.09

### Best-Ever Banana Bread

- - Excerpted from *Best of the Best and More* © 2008 RobertRose Inc. [www.robertrose.ca](http://www.robertrose.ca). Reprinted with permission.

Makes 2 loaves.

1 cup.	Butter	250 mL
2 cup	Granulated sugar	500 mL
2½ cup	Mashed ripe bananas (about 5)	625 mL
4	Eggs, well beaten	4
2½ cup.	All purpose flour	625 mL
2 tsp	Baking soda	10 mL
1 tsp	Salt	5 mL
1 tsp	Ground nutmeg	5 mL

Preheat oven to 350°F (180°C). Cream butter and sugar until light and fluffy. Add bananas and eggs and beat until well mixed. Mix dry ingredients and blend with banana mixture, but do not overmix. Pour into 2 lightly greased loaf pans or a 10-inch (25 cm.) Bundt pan. Bake for 55 to 60 minutes; test for doneness (toothpick inserted in middle comes out clean) and cool on rack for 10 minutes before removing from pans. Freezes beautifully.

**Tip:** Freeze overripe bananas in their skins in a plastic bag.

### Easiest Hamburgers

- Paige Nelson

- 1 egg
- 1 envelope dried onion soup mix.
- 1 lb (500 g) lean ground beef

Mix egg and onion soup mix in a large bowl. Add ground beef and combine thoroughly. Form mixture into 5 of 6 patties. Grill on the barbecue, or broil in the oven, ensuring meat is well-done.

### Bananas

Bananas are sweet, portable and available all year round. They are harvested green and are one of the few fruits which improve in flavour when they ripen off the plant.

Bananas are an excellent source of potassium, which has many health benefits, including support of blood pressure, heart health and good nerve and muscle function. There are 3 g. of fiber in an average banana and they are a good source of vitamins C, B6, and magnesium. (<https://newsnetwork.mayoclinic.org/discussion/go-bananas-forbananas/>)

Eat fresh bananas plain or with peanut butter, added to cold or hot cereal, yogurt and smoothies. Overly ripe bananas can be used in baked goods such as breads, muffins and pancakes.