

Upcoming Events:

Deadline for your next food order: July 3, 2015

Next depot pick-up days: July 16 / 17, 2015

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.

Memberships

Have you purchased your membership for the current fiscal year? If not, please see your depot coordinator. Membership is only \$5.00.



Lady Flower Garden Schedule

BBQ: June 13

Weed/Harvest: July 15

Weed/Harvest: August 19

Weed/Harvest: September 16



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



Your Depot:

Issue: 15-06
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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN Annual General Meeting Held

WECAN Food Basket Society of Alberta held its Annual General Meeting on Friday, May 29, 2015. The main items of business included a discussion of rising food prices and their impact on our monthly food basket, the presentation of the financial reports for the fiscal year ending March 31, 2015, the election of board members for fiscal year 2015-16, and the recognition of our volunteers receiving 5-year and 10-year awards.

After much discussion, WECAN will do its utmost to not raise the price of the monthly basket of food. If necessary, we may have to reduce the meat choices to 2 from the current 3.

Elected to the Board of Directors for the next fiscal year were Carla Brenner, Eryn Labelle, Genevieve Jacques, Keith Kasha, Meryle Michetti, Michael Klaray, Paige Nelson, Sacha Deelstra, Stan Erickson, and Suzanne Rigsby.

Wendy Hagan was the recipient of the "Coordinator of the Year" Award. Wendy is the coordinator of our Inglewood depot. Congratulations Wendy.

Thank you to all the volunteers who qualified for their 5-year and 10-year service awards. It is gratifying to see so many of our members being recognized for their continued service to WECAN. We couldn't do everything we do without you.

Putting Together the Order for Each Depot

In an ideal world, every depot would have exactly 18 produce orders, or a multiple of this number (36, 54, etc.), as most of the fruit in particular comes in cases weighing 18 kilograms. However, this is seldom the case and this makes things particularly difficult for the depots having significantly fewer than 18 produce orders. We do our best to even things out a bit and compensate for fewer of one item with more of another while not going over our budgeted dollar amount. In some cases depots may give each member 1.1 kg or 0.9 kg of bananas instead of the stated 1 kg., and instead of 1 kg of apples, each member will then receive 0.9 kg or 1.1 kg depending on the adjustment required.

It is quite easy to adjust the vegetable orders as often these items come prepackaged (5 lb bags of potatoes, 2 lb bags of carrots). We simply break open a case and send the exact number needed to each depot.

We know that sometimes the necessary adjustments require some creative thinking on the part of the coordinator and depot volunteers. Any shortages/overages are noted on the order taped to the front of your envelope. We hope this short explanation is of assistance to you.

Cooking With Your WECAN Food Basket Menu

Chicken Crunch

- Reprinted from *Chicken Etc.* © Company's Coming Publishing Limited

| | | |
|----------------------------------|-----------|--------|
| Fine dry bread crumbs | 2/3 cup | 150 mL |
| Poultry Seasoning | ¼ tsp. | 1 mL |
| Parsley flakes | ¼ tsp. | 1 mL |
| Salt | ¼ tsp. | 1 mL |
| Pepper | 1/16 tsp. | 0.5 mL |
| Yogurt | 1 cup | 250 mL |
| Chicken parts, skin removed | 2 lbs. | 900 g |
| Butter or hard margarine, melted | 2 tbsp. | 30 mL |

Mix first 5 ingredients in small bowl.

Put yogurt into bowl. Dip chicken in yogurt to coat, then in crumb mixture. Arrange on greased or greased foil-lined baking pan.

Drizzle with butter. Bake in 400°F (205°C) oven for 1 to 1¼ hours until tender. Serves 3 to 4.

Garlic is readily available in many forms.

- A **garlic bulb** is the whole head. The head is made up of sections called cloves, each enclosed in a papery skin.
- **Dried garlic flakes** are pieces of garlic that need reconstituting
- **Garlic powder** is made by grinding dried garlic flakes
- **Garlic salt** is a blend of garlic powder and salt

Mac and Chili

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

- 1 tbsp. (15 mL) oil
- 1 lb. (0.5 kg) lean ground beef
- 1 cup (250 mL) chopped onion
- ½ cup (125 mL) chopped green bell pepper
- 2 cloves garlic, finely chopped
- 1 tbsp. (15 mL) chili powder
- 1 tsp. (5 mL) ground cumin
- 1 can (14 oz./398 mL) diced tomatoes
- 1 can (14 oz./398 mL) kidney beans, rinsed and drained
- 1 can (7½ oz./213 mL) tomato sauce
- 2 cups (500 mL) frozen kernel corn
- ½ tsp. (2 mL) salt
- ¼ tsp. (1 mL) freshly ground pepper
- 1 cup (250 mL) elbow macaroni, cooked and drained
- 1½ cups (375 mL) shredded cheddar cheese
- Shredded cheddar cheese, optional

Heat oil in Dutch oven over medium heat. Add beef, onion, green pepper and garlic. Cook, stirring to break up beef, until browned, about 7 – 10 minutes. Drain off excess fat. Add chili powder and cumin; cook, stirring, for 1 minute. Stir in tomatoes, beans, tomato sauce, corn, salt and pepper. Bring to a boil. Reduce heat and simmer, covered stirring occasionally, for 20 minutes. Stir in cooked macaroni and cook, covered, for 5 minutes. Remove from heat and stir in 1½ cups (375 mL) cheese. Cover and let stand until cheese is melted. Serve topped with additional cheese (if using). Serves 4

| Food Basket Item | Safeway | Save On | Sobeys | Real Canadian SuperStore | Walmart | Wecan Food Basket Society |
|---------------------------|-----------------|-----------------|-----------------|--------------------------|-----------------|---------------------------|
| 500 g Lean Ground Beef | \$ 6.55 | \$ 5.90 | \$ 7.38 | \$ 5.60 | \$ 6.00 | \$ 5.50 |
| 1 kg Chicken Drumsticks | \$ 7.99 | \$ 7.35 | \$ 5.20 | \$ 7.99 | \$ 7.65 | \$ 5.29 |
| 1 lb. Bavarian Smokies | \$ 6.40 | \$ 6.15 | \$ 5.49 | \$ 4.37 | \$ 4.27 | \$ 3.99 |
| 1 kg Bananas | \$ 1.80 | \$ 1.44 | \$ 1.70 | \$ 1.44 | \$ 1.44 | \$ 1.61 |
| 1 kg Red Delicious Apples | \$ 3.00 | \$ 3.10 | \$ 3.10 | \$ 3.20 | \$ 3.30 | \$ 1.74 |
| 1 kg Oranges | \$ 3.20 | \$ 2.99 | \$ 2.99 | \$ 2.94 | \$ 3.24 | \$ 2.27 |
| 5 lb Russet Potatoes | \$ 2.89 | \$ 2.80 | \$ 2.70 | \$ 2.99 | \$ 2.49 | \$ 1.31 |
| 2 lb. carrots | \$ 2.10 | \$ 2.30 | \$ 2.50 | \$ 1.97 | \$ 1.54 | \$ 1.42 |
| 1 bunch Broccoli | \$ 2.75 | \$ 2.50 | \$ 2.69 | \$ 2.68 | \$ 2.27 | \$ 1.56 |
| | | | | | | |
| TOTAL | \$ 36.68 | \$ 34.53 | \$ 33.75 | \$ 33.18 | \$ 32.20 | \$ 24.69 |