

## Upcoming Events:

**Deadline for your next food order: April 7, 2017**

**Next depot pick-up days: April 20, 21, 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.

### WECAN Food Basket Society of Alberta ANNUAL GENERAL MEETING

Be Saturday, May 27, 2017  
2:00 – 4:00 p.m.

WECAN Office Meeting Area  
11434 – 120 Street

### Annual Memberships

The WECAN annual membership is \$5.00 per family. Our membership year is April 1<sup>st</sup> to March 31<sup>st</sup>. To purchase your membership, contact your Depot Coordinator. A current membership is required to be able to vote on any motions at the Annual General Meeting.



PO Box 34148  
RPO Kingsway Mall  
Edmonton AB T5G 3G4  
Phone: 780-413-4525  
Fax: 780-453-1239

Email: [info@wecanfood.com](mailto:info@wecanfood.com)

Website: [www.wecanfood.com](http://www.wecanfood.com)

Charitable Reg. #891381394RR00001

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



### Your Depot:

Issue: 17-03  
March, 2017

## FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

### The WECAN Food Basket Society of Alberta Annual General Meeting:

WECAN's Annual General Meeting will be held on Saturday, May 27, 2017 from 2:00 p.m. to 4:00 p.m. This meeting will take place in the boardroom space at the WECAN office located at 11434 – 120 Street, Edmonton.

Our AGM is a chance for every card-carrying member of WECAN to participate in the decisions that will guide and direct WECAN for the coming year. A review of our past fiscal year will be presented and paid members will have the opportunity to view the financial statements, elect the new board members, and vote on any other motions presented.

At our AGM we also take the opportunity recognize our volunteers for their hard work and dedication over the years by presenting them with their 5, 10, and 15 year service awards.

This year, as the meeting is being held in mid-afternoon, our theme will be an "Afternoon Tea". Refreshments, including sandwiches, pastries, tarts, squares, cakes, tea and coffee, will be served.

Mark your calendars and join us for this once-a-year event. We look forward to seeing you there.

### Gardening Ideas

Spring is just around the corner, we hope. So, it is time to decide just what we will grow in our gardens this summer.

Don't have a garden of your own? Then perhaps you can participate in a community garden in your neighbourhood.

Do you have limited space? Then container gardening might be the answer. Tomatoes, herbs, and cucumbers are a few of the plants that can be successfully grown in tubs and planters on a deck or balcony.

The possibilities are endless – the results will enhance your table.

### Herb of the Month – Parsley

Parsley is high in vitamins A and C, and so is as healthful as it is attractive. Italian (or flat-leaf) and curly-leaf parsley are the best-known varieties of this universal herb. Italian parsley is more strongly flavoured, but both lend a peppery freshness to all kinds of foods. Parsley is a key ingredient in Middle-Eastern dishes such as tabbouleh and in gremolata, an Italian garnish made with lemon peel and garlic and served with meats. Add parsley to mashed potatoes, use the stalks in stock, or mince and sprinkle over grilled fish.

## Cooking with Your WECAN Food Basket Menu

### Turkey Sausage Breakfast

- 1 lb. Turkey sausage
- 4 eggs, lightly beaten
- 4 green onions, finely chopped
- 1 (16 oz.) package frozen hash brown potatoes
- ½ cup milk
- 1½ cup shredded cheddar cheese

Place turkey sausage in large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble and set aside.

Preheat oven to 350°F (175°C).

In large bowl, stir together eggs, green onions, hash browns, milk, cheddar cheese, and cooked sausage. Pour mixture into a 9 x 13 inch baking pan.

Bake in preheated oven for 60 minutes.

### Baked Stuffed Potatoes

*- Saskatchewan Homemakers Kitchens (Pontiac Club, Dinsmore)*

- 6 baked potatoes
- 2 tbsp. butter
- ¼ cup hot milk
- ¾ tsp. salt
- 1/8 tsp. pepper

Select medium sized potatoes and bake. Remove from oven and cut in half. Without breaking the skin, remove inside. Mash, add seasoning, butter, and milk. Mix until light and fluffy. Refill shells, leaving the top rough. Put in a hot oven for 10 minutes or until light brown.

### Shepherd's Pie

*- Recipe courtesy of Save-On-Foods "More Healthy Recipes"*

- 375 mL mashed potatoes 1 ½ cups  
(leftovers can work great)
- 500 g extra lean ground beef 1 lb
- 15 mL olive oil 1 tbsp.
- 1 medium onion chopped finely 1
- 250 mL carrot, coarsely grated 1 cup
- 1 398 mL /14 oz. can creamed corn 1
- 125 mL low fat cheddar, grated ½ cup

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 carrot 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.

Makes 7 servings

#### Cooking Tip:

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

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	WECAN
500 g Lean Ground Beef	\$ 5.50	\$ 6.99	\$ 5.50	\$ 5.00	\$ 6.00	\$ 4.40
1 kg Chicken Thighs	\$ 7.69	\$ 8.80	\$ 7.69	\$ 9.88	\$ 8.31	\$ 6.99
1 pkg. Turkey Sausage	\$ 5.49	\$ 6.00	\$ 5.49	\$ 4.28	\$ 5.00	\$ 3.49
1 kg Bananas	\$ 1.74	\$ 1.72	\$ 1.74	\$ 1.70	\$ 1.70	\$ 1.61
5 Red Delicious Apples	\$ 4.39	\$ 5.49	\$ 4.39	\$ 3.70	\$ 2.75	\$ 2.13
3 Kiwi Fruit	\$ 1.75	\$ 2.07	\$ 2.07	\$ 2.01	\$ 1.71	\$ 1.33
10 Baker Potatoes	\$ 2.49	\$ 2.75	\$ 2.99	\$ 2.75	\$ 2.74	\$ 2.00
1 bunch Celery	\$ 1.49	\$ 2.53	\$ 1.49	\$ 1.46	\$ 1.67	\$ 1.42
1 Long English Cucumber	\$ 1.69	\$ 2.69	\$ 1.69	\$ 1.48	\$ 1.47	\$ 1.30
<b>TOTAL</b>	<b>\$ 32.23</b>	<b>\$ 39.04</b>	<b>\$ 33.05</b>	<b>\$ 32.26</b>	<b>\$ 31.35</b>	<b>\$ 24.67</b>