

Upcoming Events:

Deadline for your next food order: April 6, 2018

Next depot pick-up days: April 19/20, 2018

WECAN Annual General Meeting

Date: Saturday, June 2, 2018

Time: 10:00 a.m. to noon

Place: Edmonton Moravian Church (Strathcona Depot)
9540 – 83 Avenue, Edmonton

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: 18-03
March 2018

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN Announces Date for Annual General Meeting

The Annual General Meeting for the WECAN Food Basket Society of Alberta will be held on Saturday, June 2, 2018 from 10:00 a.m. to noon at the Edmonton Moravian Church.

At this time WECAN will celebrate our volunteers by presenting the Long Service Awards to those volunteers who have reached their 5, 10 and 15-year milestones. Also, on the agenda will be the selection of the Board Members for the next fiscal year and the presentation of the Annual Report.

All members and interested community parties are encouraged to attend this meeting. A light continental breakfast will be served.

Memberships

WECAN's membership year begins on April 1st. Annual memberships are only \$5.00 for each family and are available from all depot coordinators and through the WECAN office.

Membership benefits include the ability to purchase food baskets every month and voting privileges at the AGM.

Don't pass up the opportunity to buy your membership today and support the work of WECAN.

Potatoes

"Potatoes, spuds or taters – whatever you choose to call them – are always a welcome addition to any meal. One medium potato contains about 100 calories and is 99.99 percent fat-free, so it is always a great choice for a healthy eating plan. Impress your family and friends with the many different ways you can prepare this seemingly ordinary vegetable. Think of it as a blank canvas on which to paint a masterpiece!" - Jean Paré

This month our recipes feature this versatile, nutritious tuber so you'll have no cause to say "What? Potatoes again?"

Cooking with Your WECAN Food Basket Menu

Savory Potato Soup

- Reprinted from *The Potato Book*© Company's Coming Publishing Limited

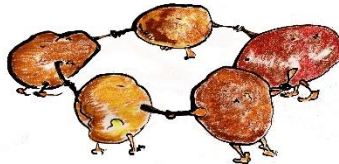
Such a pretty coral color. Pleasing flavor. Serve with a garnish of toasted croutons.

Peeled, cubed potatoes	2½ cups	625 mL
Cubed yellow turnip (rutabaga)	1½ cups	375 mL
Cubed carrot	1 cup	250 mL
Chopped onion	1 cup	250 mL
Water	3 cups	750 mL
Salt	1½ tsp.	7 mL
Pepper	1/8 tsp.	1 mL
Milk	4 cups	1 L

Cook first 7 ingredients in large saucepan or Dutch oven for about 20 minutes until tender. Purée vegetables and liquid in 2 or 3 batches in blender. Return to saucepan.

Add milk. Heat slowly, stirring often. Makes 9 cups (2.25 L).

1 cup (250 L): 105 calories; 1.4 g Total Fat; 463 mg Sodium; 5 g Protein; 19 g Carbohydrate; 2 g Dietary Fiber.



Potato Re-Run

- Reprinted from *The Potato Book*© Company's Coming Publishing Limited

When you have leftover baked potatoes, these are a snap to make!

Margarine (or butter)	1 tbsp.	15 mL
Peeled, cooked, cubed (or diced) potatoes	3 cups	750 mL
Parsley flakes (or chopped chives)	1 tsp.	5 mL
Salt	¼ tsp.	1 mL
Pepper, sprinkle		

Melt margarine in non-stick frying pan until sizzling. Add potato, parsley, salt and pepper. Cover. Heat, stirring often, until browned. Serves 4

1 Serving: 128 calories; 3.1 g Total Fat; 210 mg Sodium, 2 g Protein; 24 g Carbohydrate; 2 g Dietary Fiber.

Creamy Dilled Potatoes

- Reprinted from *The Potato Book*© Company's Coming Publishing Limited

Peeled Waxy potatoes (about 2 medium) cut into chunks	1 lb.	545 g
Water		
Salt	1 tsp.	5 mL
Whipping cream	¼ cup	60 mL
Chopped fresh chives (or tops of green onion)	1½ tbsp.	25 mL
Dill weed	½ tsp.	2 mL

Cook potato in water and salt in large saucepan until tender. Drain. Put into medium serving bowl.

Heat whipping cream, chives and dill weed in small saucepan until just boiling. Pour cream mixture over potato. Serves 6

1 serving: 71 calories; 3.5 g Total Fat; 6 mg Sodium; 1 g Protein; 9 g Carbohydrate; 1 g Dietary Fiber.

Food Basket Item	Safeway	Sobeys	Save On	Real Canadian SuperStore	Walmart	WECAN
500 g Lean Ground Beef	\$ 3.30	\$ 3.30	\$ 4.70	\$ 3.29	\$ 6.25	\$ 4.00
Spiral Ham - approx. 10 lb.	\$ 33.00	\$ 33.00	\$ 44.90	\$ 29.80	\$ 30.00	\$ 11.00
1 kg Bananas	\$ 1.74	\$ 1.74	\$ 1.72	\$ 1.70	\$ 1.70	\$ 1.65
4 Royal Gala Apples	\$ 4.00	\$ 4.00	\$ 3.50	\$ 3.90	\$ 2.43	\$ 1.24
4 Pears	\$ 4.00	\$ 4.00	\$ 4.40	\$ 4.00	\$ 3.50	\$ 2.49
5 lb. Potatoes	\$ 4.49	\$ 4.49	\$ 2.85	\$ 2.74	\$ 2.97	\$ 1.90
3 lb. Onions	\$ 3.75	\$ 3.75	\$ 2.37	\$ 2.47	\$ 1.97	\$ 1.22
2 lb. Carrots	\$ 2.49	\$ 2.49	\$ 2.40	\$ 2.47	\$ 1.18	\$ 1.42
TOTAL	\$ 56.77	\$ 56.77	\$ 66.84	\$ 50.37	\$ 50.00	\$ 24.92