

Upcoming Events:

Deadline for your next food order: June 8, 2018

Next depot pick-up days: June 21 / 22, 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

WECAN Garage Sale

Date: Saturday, June 16, 2018

Time: 9 am to 3 pm

Place: Riverbend United Church (Terwilliger Depot)
14907 45 Avenue, Edmonton

WECAN BBQ's

Dates: June 28, July 26, and August 30

Time: 11am to 2 pm

Place: TGP Warehouse Market
14505 Yellowhead Trail



WECAN
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Society

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



Your Depot:

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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN Garage Sale

June 16th will see WECAN hold its first, and hopefully not its last, fundraising garage sale from 9 am to 3 pm. Our Terwilliger Depot, the Riverbend United Church at 14907 – 45 Avenue, has graciously allowed us to use their very large parking lot for this sale.

This is your chance to clean out your garage, basement, closet, etc. and donate gently used items to be sold with all the proceeds going to support WECAN. If you need someone to pick up your donations, please call our office.

This is also your chance to grab a needed item at a reasonable cost and support WECAN. Hope to see you all on June 16th.

Fundraising BBQ's

Once again, we will be hosting fundraising BBQ's this summer at the TGP Warehouse Market at 14505 Yellowhead Trail. This was a very successful fundraiser for us last summer, so we are hoping for a similar result this year.

TGP graciously donates all the food and condiments we need for this event as well as the BBQ to cook on.

The dates of the BBQ's are June 28th, July 26th, and July 30th from 11 a.m. to 2 p.m.

Spread the word and join us for a delicious lunch of hot dogs, pop and chips and support WECAN.

Broccoli

Broccoli is an excellent source of vitamin C and also contains vitamin A, riboflavin, calcium, iron, and a natural compound that may help prevent some cancers. Look for heads with tightly closed, vivid green buds; avoid those that are yellowing or brown. Refrigerate unwashed for up to four days. Trim and peel stalks before using. Serve raw broccoli with a dip or grate and substitute for cabbage in coleslaw. Broccoli can also be steamed, stir-fried, or boiled; or, try sautéing in olive oil with garlic or shallots.

Cooking with Your WECAN Food Basket Menu

Broccoli and Haddock Soup

- Reprinted from *Most Loved Soups*© Company's Coming Publishing Limited

This quick and easy soup covers all your bases with a good helping of broccoli, pasta and fish – great to serve for a light yet satisfying meal.

Prepared chicken broth	4 cups	1 L
Water	2 cups	500 mL
Garlic clove, minced (or ¼ tsp., 1 mL, powder)	1	1
Tiny shell pasta	1 cup	250 mL
Chopped broccoli	2 cups	500 mL
Haddock fillets, any small bones removed, cut into bite-sized pieces	1 lb.	454 g
Lemon juice	1 tbsp.	15 mL
Salt	½ tsp.	2 mL
Pepper	½ tsp.	2 mL

Combine first 3 ingredients in large saucepan or Dutch oven. Bring to a boil, Add pasta. Reduce heat to medium. Boil gently, uncovered, for 8 minutes, stirring occasionally, until pasta is almost tender.

Add broccoli and fish. Cook for about 5 minutes until broccoli and pasta are tender.

Add remaining 3 ingredients. Stir. Makes about 8 cups (2L).

1 cup (250 mL): 110 calories; 1.2 g total fat (0.3g mono, 0.4 g poly, 0.3 g sat.); 32 mg cholesterol; 11 g Carbohydrate; 1 g fibre; 13 g protein; 931 g sodium.

Maple-Glazed Carrots

- Reprinted from *The Family Slow Cooker - Best of Bridge Cookbooks* – Robert Rose Publishing

A sweet little side dish that goes well alongside roast meats.

Carrots, cut into 1-inch (2.5 cm) pieces	1 lb.	500 g
Packed brown sugar	3 tbsp.	45 mL
Ground cinnamon	1/8 tsp.	0.5 mL
Salt and pepper to taste		
Butter	3 tbsp.	45 mL
Pure maple syrup	1 tbsp.	15 mL

Place carrots in a 4 to 6-quart slow cooker. Add brown sugar, cinnamon, salt, pepper, butter and maple syrup, tossing to coat carrots. Spread carrots evenly along bottom of slow cooker. Cover and cook on low for 4 to 5 hours or until carrots are tender. Remove carrots from slow cooker with a slotted spoon and drizzle a few spoonfuls of cooking liquid over top before serving. Serves 4

Variations:

Honey-Ginger Glazed Carrots: Omit the brown sugar, cinnamon and maple syrup, and add 2 tbsp. (30 mL) liquid honey and 1 tbsp (15 mL) finely chopped ginger.

Orange-Glazed Carrots: Omit the cinnamon and maple syrup, and add 3 tbsp (45 mL) orange juice.

Food Basket Item	Safeway	Sobeys	Save On	Real Canadian SuperStore	Walmart	WECAN
500 g Lean Ground Beef	\$ 6.60	\$ 5.50	\$ 6.99	\$ 5.00	\$ 6.25	\$ 6.00
1.5 kg Old Fashioned Ham	\$ 14.99	\$ 14.99	\$ 28.98	\$ 14.99	\$ 17.94	\$ 8.50
1 kg Bananas	\$ 1.74	\$ 1.74	\$ 1.74	\$ 1.70	\$ 1.70	\$ 1.65
5 Red Delicious Apples	\$ 4.25	\$ 4.25	\$ 4.98	\$ 6.16	\$ 3.69	\$ 1.73
4 Oranges	\$ 5.44	\$ 5.44	\$ 5.37	\$ 3.57	\$ 5.50	\$ 2.19
1 bunch Broccoli	\$ 1.99	\$ 1.99	\$ 5.00	\$ 2.97	\$ 1.97	\$ 1.41
2 lb. Carrots	\$ 2.49	\$ 2.49	\$ 2.40	\$ 2.24	\$ 1.32	\$ 1.40
1 Long English Cucumber	\$ 1.49	\$ 1.49	\$ 1.79	\$ 1.77	\$ 0.99	\$ 1.15
TOTAL	\$ 38.99	\$ 37.89	\$ 57.25	\$ 38.40	\$ 39.36	\$ 24.03