

## Upcoming Events:

**Deadline for your next food order: August 5, 2016**

**Next depot pick-up days: August 18 /19, 2016**

### 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.

### FUNDRAISING BAR-B-QUE

Spread the word!! Our next fundraising bar-b-q will be held on Friday, August 12, 2016 at TGP (The Grocery People). Come for a hotdog or hamburger lunch and support WECAN.

### Open House / Fundraiser / Silent Auction

**DATE:** October 14, 2016      **TIME:** 7:00 p.m.

**LOCATION:** WECAN Office

**\*\* Please note: Silent auction items are still needed \*\***



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:**

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## FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

### WECAN Fundraising Bar-B-Que

Our first fundraising bar-b-que of the year was held on Thursday, July 14<sup>th</sup> and was a roaring success. The weather cooperated and the turnout of hungry and friendly TGP shoppers and staff, as well as people from the surrounding area, made the day fly by.

Grill master Darrell Penner did a phenomenal job of cooking up delicious TGP hot dogs and hamburgers to perfection and the tantalizing aroma of his sautéed onions did much to draw in the crowd. As well, Carla Brenner, Suzanne Rigsby, Paige Nelson, Meryle Michetti and Christine McVea were there to lend a much-needed hand as gofers, order takers, servers, cashiers, general clean up and moral support.

To round out the day WECAN presented TGP with a beautifully decorated ice cream cake in recognition of their 20 years of invaluable support to our organization.

### From the desk of Suzanne Rigsby:

With so many farming communities joining WECAN I think we need to talk about donated food. The food provided by TGP has already been covered under the Food Handling Safety Regulations and because you are not handling fruit or vegetables that have been processed in any way, there is no need for you, as depot coordinators nor your volunteers, to take any additional precautions such as wearing latex gloves or hair nets. I know each of you are assuring hands are washed before handling the produce, and your containers are clean. So, I have been asked, "Can you accept donated food?" My answer is, hopefully, not too confusing with a yes and a no. Yes, if you know someone who has additional produce from a garden they want to give to you, by all means, but please DO NOT add it to the basket. Hold it separate from our order. Some of our out-of-town depots are in small towns with great gardens and the word "zucchini" has come up, so yes you could add this to the order, but again please make it a separate item and let people know it was donated and NOT part of what was in the order from TGP. Please know there are insurance concerns around this and we have never in 21 years made anyone sick or supplied bad or contaminated food.

## Cooking with Your WECAN Food Basket Menu

### Cucumber and Potato Salad

Reprinted from *30-Minute Weekday Meals* © Company's Coming Publishing Limited

Refreshing, crunchy cucumber, tender baby potatoes and a sweet, creamy dressing. This salad will have them asking for more!

- 1 lb. (454 g) Red baby potatoes, halved
- Water
- ½ tsp. (2 mL) Salt
- 1 English cucumber (with peel), halved lengthwise and sliced
- ½ cup (125 mL) Thinly sliced red pepper
- ¼ cup (60 mL) Thinly sliced red onion
- 1 tbsp. (15 mL) Toasted sesame seeds
- SOUR CREAM DRESSING**
- ¼ cup (60 mL) Mayonnaise
- ¼ cup (60 mL) Sour cream
- 1 tbsp. (15 mL) Liquid honey
- ¼ tsp. (1 mL) Salt
- ¼ tsp. (1 mL) Pepper

\* Cook potatoes in water and salt in large saucepan until just tender. Drain. Rinse with cold water until cool. Drain well.

### Cucumber and Potato Salad (continued)

\* Put next 4 ingredients into large bowl. Toss. Add potatoes.

\* Sour Cream Dressing: Combine all 5 ingredients in small bowl. Makes about 1/2 cup (125 mL) dressing. Add to potato mixture. Toss gently. Serves 4.

**IDEA:** Make It A Meal with *grilled or broiled chicken* or turkey sausages. Serve with *steamed broccoli florets* sprinkled with toasted sunflower seeds.

1 serving: 265 Calories; 15.3 g Total Fat (7.6 g Mono, 4.6 g Poly, 2.7 g Sat); 15 mg Cholesterol; 29 g Carbohydrate; 3 g Fibre; 4 g Protein; 242 mg Sodium

### Banana Oat Squares

Reprinted from *150 Delicious Squares* © Company's Coming Publishing Limited

- 6 tbsp (100 mL) Butter, softened
- 1/2 cup (125 mL) Brown sugar, packed
- 1 Large egg
- 1/4 tsp. (1 mL) Salt
- 3/4 cups (175 mL) Mashed bananas
- 2 cups (450 mL) Quick-cooking rolled oats
- 1/3 cup (75 mL) Chopped walnuts
- Cream butter and sugar. Add egg and beat well. Add salt and mashed banana. Beat. Add rolled oats and walnuts. Stir. Spread in greased 8 x 8 inch (20 x 20 cm) pan. Bake in 350F (175C) oven for 50 to 60 minutes, until firm. Cool. Cuts into 25 squares.

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	WECAN
500 g Lean Ground Beef	\$4.84	\$5.06	\$4.84	\$6.60	\$7.22	\$5.00
800 g Chicken Legs/Bk.Att.	\$5.27	\$5.60	\$5.27	\$4.90	\$4.90	\$3.99
800 g Boneless Loin Chops	\$7.70	\$10.57	\$10.57	\$7.38	\$10.00	\$5.60
1 kg Bananas	\$1.74	\$1.72	\$1.74	\$1.70	\$1.70	\$1.61
1 lbs. Oranges	\$2.23	\$1.97	\$4.47	\$3.73	\$3.73	\$1.73
1 lb. Granny Smith Apples	\$1.99	\$1.99	\$1.89	\$1.97	\$1.97	\$1.93
1 bunch Broccoli	\$2.49	\$1.49	\$1.99	\$1.97	\$1.97	\$1.38
Long English Cucumber	\$1.29	\$1.29	\$1.29	\$0.97	\$0.97	\$1.23
5 lb. Russet Potatoes	\$4.29	\$3.49	\$4.29	\$1.99	\$2.47	\$2.07
<b>TOTAL</b>	<b>\$29.35</b>	<b>\$33.18</b>	<b>\$36.35</b>	<b>\$31.21</b>	<b>\$34.93</b>	<b>\$24.54</b>