

## Upcoming Events:

**Deadline for your next food order: November 4th**

**Next depot pick-up days: November 17, 18, 2016**

### Reminder

Members are 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. Food orders that are not picked up will not be refunded. WECAN reserves the right to sell unclaimed baskets or distribute them to families in need.

## CHRISTMAS IN NOVEMBER (Volunteer Appreciation Luncheon)

*Mark your calendars:*

**Saturday, November 26<sup>th</sup>**

**11 a.m. to 1 p.m.**

Moravian Church (9540 – 83 Avenue)

**RSVP**

**RSVP**

**RSVP**



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: 16-10  
October 2016

## FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

### Quote of the day:

*"The odds of going to the store for a loaf of bread and coming out with only a loaf of bread are three billion to one."* Erma Bombeck

### From the desk of Suzanne Rigsby:

#### CHRISTMAS IN NOVEMBER

WECAN Food Basket Society is, once again, hosting "Christmas in November" to recognize the efforts of all our volunteers who give generously of their time throughout the year.

This year our celebration has been changed to **Saturday, November 26<sup>th</sup>, from 11 a.m. to 1 p.m.** at the Edmonton Moravian Church (9540 – 83rd Avenue). Lunch will be served and there will be crafts to make and take home for your own use, or for gifts.

All Depot Coordinators, volunteer helpers and drivers are cordially invited to attend. **PLEASE RSVP to the office with the numbers from your Depot who can attend.** A formal invitation will be coming out shortly.

#### NEW DEPOTS

Two new Depots started this month! One is at Tofield and is based out of the Bardo Lutheran Church. Payment can be dropped off at the secure Book Return slot at the Tofield Public Library.

The other new Depot is Athabasca. Payment and pickup is at the Athabasca Native Friendship Centre.

*"I would like to extend a warm welcome from all of us to these two new Depots. I hope you can make it out to our Volunteer Appreciation Luncheon next month so you can meet everyone!!"*

*....Suzanne*

## Cooking with Your WECAN Food Basket Menu

### GROUND CHICKEN CASSEROLE

<http://www.kraftrecipes.com/member-recipe/ground-chicken-casserole-149762.aspx>

**INGREDIENTS:**

- 1.5 – 2 lbs. ground chicken
- 6 sliced medium potatoes
- 2 sliced medium onions
- 1 can (10.5 oz.) cream of chicken soup
- 1 can (10.5 oz.) cream of celery soup
- 2 cups water

**METHOD:**

Cook chicken in a large skillet until well browned and no trace of pink remains.

Layer potatoes and onions in a baking dish. Layer cooked ground chicken on top of onions. Mix together remaining ingredients. Spoon over casserole.

Bake, covered, in 300 degree F oven for 1 hour, or until potatoes are tender.

\* \* \* \* \*

### NOT SO CASUAL CARROTS

Reprinted from *VEGETABLES*© Company's Coming Publishing

*An intriguing casserole assembled in layers. Cheesy. Looks nice.*

Medium carrots, peeled and sliced	12	12
Salted water		
Butter or margarine	¼ cup	50 mL
Chopped onion	½ cup	125 mL
All-purpose flour	¼ cup	50 mL
Salt	1 tsp.	5 mL
Pepper	¼ tsp.	1 mL
Celery salt	¼ tsp.	1 mL
Prepared mustard	1 tsp.	5 mL
Milk	2 cups	450 mL
Medium or sharp Cheddar cheese, sliced	8 oz.	250 g
Butter or margarine	2 tbsp.	30 mL
Dry bread crumbs	½ cup	125 mL

- \* Cook carrots in salted water until tender. You should have 6 cups (1.3L). Drain.
- \* Melt first amount of butter in saucepan. Add onion and sauté until clear and soft.
- \* Mix in flour, salt, pepper and celery salt. Stir in mustard and milk until it boils and thickens.
- \* Layer in 2 quart (2L) casserole as follows: ½ carrots, ½ cheese slices, ½ carrots, ½ cheese slices, all of the sauce.
- \* Melt second amount of butter in small saucepan. Stir in crumbs. Spread over all. Bake uncovered in 350° F (180°C) oven for about 25 to 30 minutes until browned and heated through. Serves 8.

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	WECAN
1/2 kg Lean Ground Beef	\$5.94	\$5.00	\$5.94	\$4.99	\$6.25	\$4.40
.7 kg Eye of Round Roast	\$12.18	\$10.00	\$12.18	\$8.49	\$13.86	\$7.00
1 lb. Ground chicken	\$9.69	\$6.99	\$9.69	\$2.50	\$6.77	\$3.29
1 kg Bartlett pears	\$5.49	\$3.28*	\$4.39	\$3.90	\$3.90	\$2.21
1/2 kg Spartan Apples	\$2.19	\$1.42*	\$2.19	\$1.08*	\$0.95	\$1.15
1 kg Bananas	\$1.74	\$1.72	\$1.74	\$1.70	\$1.70	\$1.61
2 lbs. Carrots	\$2.49	\$2.20	\$2.49	\$1.94	\$1.00	\$1.13
5 lbs. Russet Potatoes	\$3.25	\$4.29	\$2.75	\$3.00	\$2.47	\$2.25
3 lbs. Yellow Onions	\$1.99	\$2.99	\$3.00	\$1.47	\$1.47	\$1.46
* sale price						
<b>TOTAL</b>	<b>\$44.97</b>	<b>\$37.89</b>	<b>\$44.37</b>	<b>\$29.54</b>	<b>\$38.37</b>	<b>\$24.50</b>