

Upcoming Events:

Deadline for your next food order: October 7th
Next depot pick-up days: October 20 / 21, 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. 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.

COLLECTIVE KITCHEN - September 23rd

Learn how to cook cheap, healthy meals to take home! We'll be making Ratatouille, Zucchini-Carrot-Oatmeal loaf, and White Bean & Sausage Stew!

Cost is \$5 per person. Everyone will leave with 4 servings of 3 separate dishes. Please bring your own containers.

Inform organizers of any dietary restrictions when registering.

Date: Friday, September 23rd

Time: 1pm - 3pm

Where: Britannia-Youngstown Community League 15927 - 105 Avenue

Please register at 780-906-4971 or ashleyT@food4good.ca



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



Your Depot:

Issue: 16-09
September 2016

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Quote of the day:

"Food is symbolic of love when words are inadequate." (Alan D. Wolfelt)

From the desk of Suzanne Rigby:

We have another new depot!!

The town of Legal, 42 kms north of Edmonton with a population of approximately 1,225 people, has signed on as our new Depot. Legal was established as a Francophone community in 1894 and is considered the French mural capital of Canada with 28 murals on town buildings. The City Council was and is directly involved in WECAN coming to their town to the point that they sent out a WECAN brochure in each utility billing so that every household was aware of a WECAN depot starting in their town.

Way to go, Legal!!

DID YOU KNOW.....

The following food items should be stored ONLY at room temperature and preferably NOT in the refrigerator:

Bananas	Garlic
Globe onions	Mature potatoes
Pumpkins	Rutabaga
Sweet potatoes	

These items should be stored at room temperature until ripe and then in the refrigerator:

Apricots	Avocados
Kiwi fruit	Mangoes
Melons	Nectarines
Papaya	Peaches
Pears	Plums
Tomatoes	

AND these - ALWAYS refrigerate to avoid spoilage. Never keep at room temperature:

Apples, artichokes, asparagus
Belgian endive, beans, beets, blueberries, broccoli, brussel sprouts
Cabbage, carrots, cauliflower, celery, cherries, sweet corn, cranberries, cucumbers
Eggplant
Ginger root, grapes
Herbs (fresh)
Leeks, lettuce and other greens
Mushrooms
Onions (green), parsnips, peas, peppers, pineapple, new potatoes
Radishes, raspberries, rhubarb, strawberries, squash.

Cooking with Your WECAN Food Basket Menu

Cabbage Roll Casserole

-Meryle Michetti

- 1.5 lbs. ground beef (approx.)
- 2 medium onions, chopped
- 1 stalk celery
- 1 clove garlic, minced
- 1 tsp salt
- 1/4 tsp pepper
- 1 - 680 mL can Italian tomato sauce
- 1 cup water
- ½ cup uncooked white rice or any rice blend (eg. Sprouted Rice and Quinoa Blend)
- 4 cups shredded cabbage
- Sour cream or plain yogurt (optional)

- * Cook ground beef until it just loses its pink color. Add next 7 ingredients and bring to a simmer. Add rice and cook for about 10 minutes until rice is partially cooked.
- * Spread half cabbage in greased 12" x 8" baking dish. Cover with half meat mixture. Repeat layers.
- * Cover with foil and bake at 325F for 1.5 hours or until cabbage is tender. Serve with sour cream or plain yogurt.

* * *

Super Quick Fruit Crisp

- Pearlie Theone Mitchell

Blend 1 cup brown sugar, 1 cup flour and ½ cup butter. Sprinkle over sliced fruit or fruit blend of your choice (apples, peaches, pears, rhubarb, etc.) Bake at 350-F until fruit is soft and topping crispy and browned. Yummmmm!!!

Broccoli Chicken Casserole

- Pearlie Theone Mitchell

- 1 bunch broccoli
- 2 cups cooked chicken
- 1 can mushroom soup
- 1 can mushrooms (or 1.5 cups fresh chopped mushrooms)
- 1/3 can water
- 1 Tablespoon lemon juice
- 1/2 cup grated cheddar cheese (or your favourite variety)

- * Cook broccoli until almost tender. Cut into 3 inch pieces and place in the bottom of a baking dish.
- * Place chicken on top.
- * Blend together soup, water and lemon juice. Pour over broccoli and chicken.
- * Drain canned mushrooms (include a bit of juice) and sprinkle over casserole.
- * Top with your favourite cheese. Bake 30 minutes, uncovered.

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Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	WECAN
1/2 kg Lean Ground Beef	\$6.49	\$4.40*	\$6.49	\$4.99	\$6.25	\$4.50
.9 kg Chicken Legs/Backs attached	\$5.94*	\$5.40	\$5.94*	\$5.50	\$4.00	\$4.49
.9 kg Pork Loin Boneless Chops	\$15.03	\$12.87*	\$15.84	\$13.95	\$10.80	\$5.84
1 kg Bananas	\$1.74	\$1.72	\$1.74	\$1.70	\$1.70	\$1.61
1.5 lbs. Gala apples	\$2.49	\$1.19*	\$2.49	\$2.95	\$2.23*	\$1.99
3 Kiwi	\$2.97	\$1.50	\$2.97	\$2.04	\$1.41	\$1.53
1 bunch Broccoli	\$2.29	\$1.40*	\$1.99	\$1.99	\$2.27	\$1.38
1 bunch Green onions	\$0.89	\$0.79	\$0.89	\$0.77	\$0.77	\$0.55
5 lb. bag Russet Potatoes	\$2.50	\$4.29	\$2.75	\$2.50	\$2.47	\$2.55
* designates sale price in store						
TOTAL	\$40.34	\$33.56	\$41.10	\$36.39	\$31.90	\$24.44