

The Wecan Food Basket Society News

October 2012



Christmas in November

Wecan Food Basket Society is, once again, hosting "Christmas In November" to recognize the efforts of all our many volunteers who give generously of their time throughout the year. This year, our celebration is on Friday, November 23rd from 11:00 a.m. to about 1:00 p.m. at the Edmonton Moravian Church (9540—83 Avenue). Lunch will be served and there will be crafts to make and take home for your own use, or for gifts.

One of the crafts will need pint-size mason jars, the kind used for canning fruits and vegetables. If you have any to spare and would like to donate to the cause, please let us know and arrangements will be made to pick them up.

All Depot Coordinators and their volunteer helpers are cordially invited to attend this appreciation event. Please call our office at 780-413-4525 to RSVP.

Wecan Food Basket Dates for 2013

Important Wecan dates for 2013 are as follows:

Month	Fees Due	Depot Days
January	4	17 / 18
February	8	21 / 22
March	8	21 / 22
April	5	18 / 19
May	3	16 / 17
June	7	21 / 21
July	5	18 / 19
August	2	15 / 16
September	6	19 / 20
October	4	17 / 18
November	8	21 / 22
December	6	19 / 20

Stretching Your Food Budget

Cooler weather is with us once again and so our thoughts turn to soups and stews as an easy way to stretch our food dollars and still provide hearty meals for our families. This month, after cooking the chicken, save the bones and other bits to make into a delicious soup. Or, use some of the pork chops to make goulash. Adding vegetables in this way to a meat dish creates a satisfying meal for your family.

With school back in session, lunches often pose a problem. Leftover chicken can be used to make chicken salad sandwiches as part of a healthy lunch. Add carrot sticks and an apple to complete the meal.

After school snacks are as easy as slicing an apple, or cutting some broccoli florets to serve with your favourite dressing or dip; no need to purchase expensive snack foods with little nutritional value.

How do you make your food dollar go farther? If you have favourite tips or suggestions, please email us at info@wecanfood.com or call the office at 780-413-4525 and you may see your tip / suggestion printed in next month's newsletter. Together WeCan all make better use of our monthly food budget.

Beef Recall Does Not Affect Wecan

The recent beef recall due to e-coli contamination has not affected Wecan Food Basket Society. The Grocery People, who supply all our meat and produce, have assured us that they do not get their meat from XL Foods and, therefore, are not affected by this recall. The meat in your food basket each month is safe to eat.

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$3.63	\$5.00	\$4.45	\$3.98	\$4.25	\$3.85
1 kg Chicken Legs Backs Att.	\$8.80	\$7.25	\$6.59	\$4.37	\$5.05	\$5.45
1.3 kg Rib End Pork Chops	\$15.16	\$11.25	\$14.14	\$7.10	\$8.75	\$5.71
1 kg Bananas	\$1.94	\$1.94	\$1.94	\$1.70	\$1.70	\$1.47
1 kg Royal Gala Apples	\$3.30	\$4.39	\$3.51	\$3.70	\$2.14	\$2.11
1 kg Bartlett Pears	\$4.39	\$3.28	\$3.28	\$3.26	\$3.28	\$2.14
1 Bunch Broccoli	\$1.79	\$2.69	\$1.49	\$1.47	\$1.47	\$1.09
2 lb. Bag Carrots	\$1.59	\$1.49	\$1.49	\$1.18	\$1.47	\$0.98
3 lb. Bag Yellow Onions	\$3.69	\$2.18	\$1.69	\$0.97	\$1.77	\$1.42
1 kg Russet Potatoes	\$1.69	\$0.99	\$0.79	\$1.28	\$1.04	\$0.77
Total	\$46.25	\$40.46	\$39.37	\$29.01	\$30.92	\$24.99

Some prices may reflect a sale, or a similar item, and are not the ongoing prices of this item. Some prices may be bulk prices.

“Cooking With Your Wecan Food Basket” Menu

Chicken Waldorf Sandwich

- Recipe courtesy of Save-On-Foods "More Healthy Recipes"

75 mL	light mayonnaise	1/3 cup
30 mL	balsamic vinegar	2 tbsp.
15 mL	lemon juice	1 tbsp.
15 mL	granulated sugar	1 tbsp.
375 mL	chopped cooked chicken	1½ cup
250 mL	broccoli florets, chopped finely	1 cup
1	Granny Smith or other tart apple, chopped finely	1
60 mL	toasted walnuts or shelled sunflower seeds	¼ cup
2-3	whole wheat pita rounds, halved	2-3

In a small bowl, combine light mayonnaise, balsamic vinegar, lemon juice and sugar. Set aside.

In a medium bowl, combine chicken, broccoli florets, diced apple, and nuts or seeds. Add mayonnaise mixture and toss to coat.

Spoon chicken mixture into pita halves. Chicken mixture will keep in the refrigerator for 3 to 4 days. To avoid a soggy sandwich, assemble pita just prior to eating or no earlier than the night before. Wrap tightly to transport.

- Makes 4-6 sandwiches.

Pork Piccata

- Recipe courtesy of Save-On-Foods "Healthy Recipes"

45 mL	all-purpose flour	3 tbsp.
30 mL	parsley, finely chopped	2 tbsp.
1	lemon	1
3 mL	each salt and black pepper	½ tsp.
4	boneless pork loin chops	4
15 mL	butter	1 tbsp.

In a wide shallow dish, using a fork, stir flour with parsley, 1 tsp (5 mL) grated lemon peel, salt and pepper.

Meanwhile, squeeze lemon and reserve juice.

Dip both sides of each chop in flour, shaking off excess. Heat butter in a large frying pan over medium-high heat. Add pork and cook, turning each chop when it is a deep golden brown, about 3 to 4 minutes a side, adding a little more butter if necessary. Add lemon juice. Swish both sides of each chop in juice. Serve immediately.

- Makes 4 servings

Health Tip

Pork is among the best dietary sources of the B vitamin thiamin. Thiamin plays an important role in using carbohydrate in the body and producing energy.

Country Hash Skillet

Reprinted from *Ground Beef Recipes* © Company's Coming Publishing

Cooking oil	2 tsp.	10 mL
Lean ground beef	1 lb.	454 g
Chopped onion	1 cup	250 mL
Chopped celery	¼ cup	60 mL
All-purpose flour	2 tbsp.	30 mL
Beef bouillon powder	1 tbsp.	15 mL
Celery salt	½ tsp.	2 mL
Onion powder	½ tsp.	2 mL
Water	1¼ cups	300 mL
Frozen hash brown potatoes	2 cups	500 mL
Frozen mixed vegetables	1½ cups	375 mL

Heat cooking oil in large frying pan on medium. Add ground beef, onion and celery. Scramble-fry for about 10 minutes until beef is no longer pink. Drain.

Add next 4 ingredients. Stir. Add water. Heat and stir for about 1 minute until boiling and thickened.

Add potatoes and vegetables. Cook for about 10 minutes, stirring occasionally, until heated through. Serves 4.

Roasted Broccoli with Garlic

- Reprinted with permission from *Everyday Delicious* 2006 by the ATCO Blue Flame Kitchen

1 tbsp (15 mL) olive oil
1 tsp (5 mL) grated lemon peel
¼ tsp (1 mL) each salt and freshly ground pepper
2 cloves garlic, chopped
6 cups (1.5 L) broccoli florets

Grease a rimmed baking sheet or line with nonstick foil. Combine oil, lemon peel, salt, pepper and garlic in a bowl. Add broccoli and toss until coated. Place broccoli in a single layer in prepared pan. Bake, uncovered at 425°F (220°C), stirring, occasionally, for 15 minutes or until broccoli is tender crisp and lightly browned

- Serves 4-6

School Lunch Ideas:

For a change, consider packing:

- wraps or pita pockets filled with different combinations of meat, cheese and veggies
- Mystery muffins—muffins with a different interior (cream cheese, jam, natural peanut butter, etc.)
- Salads topped with chunks of meat, cooked beans or tofu with a light dressing on the side

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



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Don't Forget! The deadline for your next Food Order is November 2. You can submit your next payment when you pick up your October food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

Your Depot:

**Next Fees Deadline: Nov. 2, 2012
Next Pick-up Days: Nov. 15 / 16**