

# The Wecan Food Basket Society News

September 2013



## Wecan News

**Casino:** Wecan Food Basket Society's casino will be held on Saturday, March 8 and Sunday, March 9, 2014. Volunteers are required for both day and evening shifts for positions ranging from chip runner to cashier and count room staff. All our volunteers must be in place by December 31, 2013. If you are able to volunteer for this fundraising event please call the Wecan office at 780-413-4525. Be sure to specify whether you can work day or evening shift, the day you can work (March 8 or March 9), and the position you would like to fill. Please note that some positions have specific skill requirements so you may not get your first choice.

**Vital Sign Launch:** Representatives from the Wecan Food Basket will be participating in the launch of "Vital Signs—a Report on Food Security in Edmonton". This event will take place on Tuesday, October 1st at the Shaw Conference Centre, Hall D, from 8 a.m. to 10 a.m. Sponsored by the Edmonton Community Foundation, this event is open to the public and will show the various food resources, including Wecan, in Edmonton. As noted on their poster "Food Security means all people at all times have physical and economic access to adequate amounts of nutritious, safe, and culturally appropriate foods." Also included, starting at 9 a.m., will be a cooking competition between a celebrity chef and the Shaw chef featuring 10 local ingredients. This event is free to all, so join us at the Shaw Conference Centre on October 1st.

**Legacy in Action:** This magazine published by the Edmonton Community Foundation will have an article about Wecan in their October issue. We hope to get enough copies to be able to share with our depots and interested members next month.

**Volunteer Appreciation:** Our "Christmas in November" volunteer appreciation event will be held in late November at the Edmonton Moravian Church. More information will be included in our next newsletter.

## Tips From The Kitchen

### The Basic Pantry:

It is wise to stock your cupboard and refrigerator with basic cooking supplies to help you turn the Wecan Food basket into healthy meals. A well-stocked pantry can help you save money by making quick, healthy meals instead of eating out or picking up take-out food.

Keep a list of items you need for your pantry. Write down items as you use them up and shop for basic cooking supplies all month long. Watch for sales.

Check the bulk food bins at your grocery store. You may save money buying items in bulk or buying only what you need.

### Suggested Basic Pantry List:

Canned soup	Chicken soup base
Instant noodles	Beef soup base
Rice	Baking soda
Potatoes	Baking powder
Past (spaghetti, macaroni)	Flour (white, whole wheat)
Beans (canned kidney, chick peas or lentils)	Vegetable oil (olive, canola or corn)
Fish (canned salmon/tuna)	Canned tomatoes
Sugar	Canned tomato sauce
Peanut butter	Evaporated milk
Salt and Pepper	Skim milk powder
Seasonings	<u>Fridge items:</u> butter or margarine, eggs, milk, cheese, frozen vegetables, mayonnaise, ketchup, soy sauce, mustard
Cinnamon	Canned vegetables
Nutmeg	
Chili powder	
Basil	
Oregano	
Ginger	
Garlic powder	

### For More Information About Wecan Food Basket

Visit our **Website:** [www.wecanfood.com](http://www.wecanfood.com)

Follow us on **Twitter:** @wecanfoodbasket

Like us on **Facebook:** Wecan Food Basket Society of Alberta

Or **Email** us: [info@wecanfood.com](mailto:info@wecanfood.com)

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$4.87	\$4.38	\$4.84	\$3.99	\$4.15	<b>\$3.50</b>
800 g Outside Round Steak	\$12.07	\$12.10	\$9.00	\$9.34	\$11.05	<b>\$6.00</b>
1 kg Chicken Legs/Backs Attached	\$5.53	\$7.00	\$6.37	\$5.35	\$7.80	<b>\$4.49</b>
1 kg Bananas	\$1.70	\$1.94	\$1.70	\$1.70	\$1.70	<b>\$1.47</b>
1 kg Black Plums	\$4.39	\$4.39	\$4.39	\$3.92	\$3.24	<b>\$2.26</b>
1 kg Bartlett Pears	\$4.39	\$3.28	\$3.28	\$3.24	\$4.97	<b>\$1.85</b>
1 bunch Broccoli	\$4.83	\$3.95	\$3.58	\$2.54	\$2.54	<b>\$1.42</b>
1 head Cauliflower	\$3.12	\$2.99	\$2.99	\$2.58	\$1.97	<b>\$1.79</b>
5 lb. bag Russet Potatoes	\$3.99	\$3.99	\$3.99	\$2.99	\$2.77	<b>\$2.17</b>
<b>TOTAL</b>	<b>\$44.89</b>	<b>\$44.02</b>	<b>\$40.14</b>	<b>\$35.65</b>	<b>\$40.19</b>	<b>\$24.94</b>

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

## Cranberry Chicken

- Reprinted from *Chicken Now* © Company's Coming Publishing

Chopped carrot	3/4 cup	175 mL
Chopped onion	3/4 cup	175 mL
Can of whole cranberry sauce	14 oz.	398 mL
Hickory barbecue sauce	1/2 cup	125 mL
Ketchup	1/2 cup	125 mL
Brown sugar, packed	1/3 cup	75 mL
Dijon mustard	2 tbsp.	30 mL
Lemon juice	1 tbsp.	15 mL
Dried crushed chilies	1/2 tsp.	2 mL
Chicken Legs, back attached skin removed	6	6
Dried sage	1 tsp.	5 mL
Garlic powder	1/2 tsp.	2 mL
Pepper	1/2 tsp.	2 mL

Chopped fresh parsley, for garnish

Put carrot and onion into 4 to 5 quart (4 to 5 L) slow cooker.

Combine next 7 ingredients in medium bowl.

Sprinkle both sides of chicken with next 3 ingredients. Arrange 3 chicken legs over vegetables. Spoon half of cranberry mixture over chicken. Repeat with remaining chicken and cranberry mixture. Cook, covered, on Low for 6 to 7 hours or on High for 3 to 3 1/2 hours. Transfer chicken with slotted spoon to serving dish. Spoon vegetables around chicken. Skim and discard fat from sauce. Serve sauce on the side.

Garnish chicken and vegetables with parsley. Serves 6

**Editors Note:** this recipe can be halved.

## Chunky Chili

- Reprinted from *Beef Today* © Company's Coming Publishing

Top round or sirloin tip steak cut into 3/4 inch (2 cm) cubes	1 lb.	454 g
Onion, chopped	1	1
Vegetable oil	1 tsp.	5 mL
Canned Mexican-style stewed tomatoes, with juice (see Note)	2 x 14 oz.	2 x 398 mL
Canned kidney beans, with liquid	14 oz.	398 mL
Green pepper chopped	1	1
Long grain white rice, uncooked	3/4 cup	175 mL
Water	1 cup	250 mL
Cocoa powder	1 tbsp.	15 mL
Chili Powder	2 tsp.	10 mL
Salt	1/2 tsp.	2 mL

Brown the beef and onion in the oil in a large non-stick skillet. Stir in the remaining ingredients. Bring to a boil. Cover and simmer for 1 hour or until the beef is tender and the rice is done. Serves 6

Note: If Mexican or Chili-style stewed tomatoes are not

available, substitute regular stewed tomatoes plus an additional 2 tsp. (10 mL) chili powder.

## Beef and Bean Burritos

- Reprinted with permission from *Everyday Delicious* (2013) by the ATCO Blue Flame Kitchen

8 flour tortillas (10 inch/25 cm)  
2 cups (500 mL) shredded cheddar cheese  
1 cup (250 mL) water  
1/2 cup (125 mL) long grain white rice  
1/4 tsp (1 mL) salt  
1 cup (250 mL) canned black beans, rinsed and drained  
1 tbsp (15 mL) canola oil  
1 lb (0.5 kg) lean ground beef  
1 1/2 tsp (7 mL) oregano, crumbled  
1 tsp (5 mL) chili powder  
1 tsp (5 mL) ground cumin  
1/2 tsp (2 mL) salt  
1/4 tsp (1 mL) freshly ground pepper  
1/8 tsp (0.5 mL) garlic powder  
1/8 tsp (0.5 mL) onion powder  
Salsa  
Sour Cream

Toppings: chopped romaine lettuce, diced tomatoes, diced onion, chopped fresh cilantro

Place tortillas on parchment paper-lined rimmed baking sheets. Sprinkle 1/4 cup (50 mL) cheese over each tortilla; set aside.

Combine water, rice and 1/4 tsp (1 mL) salt in a saucepan. Bring to a boil.

Reduce heat and simmer, covered, for 15 minutes or until liquid is absorbed and rice is tender. Remove from heat.

Fluff rice with fork. Stir in beans. Cover and set aside..

Preheat oven to 400°F (200°C).

Heat oil in medium frypan over medium heat. Add beef and cook, stirring to break up beef until browned and cooked through. Drain off excess fat.

Add oregano, chili powder, cumin, 1/2 tsp (2 mL) salt, pepper, garlic powder and onion powder to beef; cook, stirring, for 1 minute. Remove from heat; cover and set aside.

Bake tortillas just until cheese is melted.

On each tortilla, spread about 1/4 cup (50 mL) rice mixture over melted cheese. Place about 1/4 cup (50 mL) beef mixture over rice mixture. Top with salsa, sour cream and toppings. Fold bottom edge of tortillas 1 inch (2.5 cm) over filling. Fold sides of tortillas to centres, overlapping edges. Roll up to enclose filling.

Serves 8.

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



**Don't Forget! The deadline for your next Food Order is October 4. You can submit your next payment when you pick up your June food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!**

**Your Depot:**

**Next Fees Deadline: Oct. 4, 2013  
Next Pick-up Days: Oct. 17 / 18**