

Upcoming Events:

Deadline for your next food order: May 8, 2015

Next depot pick-up days: May 21 / 22, 2015

Annual General Meeting:

The Annual General Meeting of the WECAN Food Basket Society of Alberta has been scheduled for Friday, May 29, 2015 starting at 9:00 a.m. and will be held at our Strathcona Depot – the Edmonton Moravian Church (9540 83 Avenue). Everyone is welcome to attend, but only those with current WECAN memberships may vote.

Please confirm your attendance by phoning or emailing our office. Ph: 780-413-4525 email: info@wecanfood.com

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.



WECAN
Food Basket
Society

PO Box 34148
RPO Kingsway Mall
Edmonton AB T5G 3G4
Phone: 780-413-4525
Fax: 780-453-1239

Email: info@wecanfood.com

Website: www.wecanfood.com

Charitable Reg. #891381394RR00001

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



Your Depot:

Issue: 15-04
April, 2015

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN Has a New Program Manager

As many members already know, Christine McVea has decided to retire from her position as Program Manager and we will miss her greatly.

After carefully considering several candidates, WECAN has hired **Zuzana Schmidtova** as our new Program Manager. Born and raised in the Czech Republic, Zuzana has earned two Masters Degrees (Non-profit Management and American Studies) and has a passion for the non-profit and volunteer sector. Since immigrating to Canada, Zuzana has been working with the volunteer program at the Royal Alexandra Hospital and volunteering in her free time.

We are happy to welcome Zuzana to WECAN and look forward to working with her in the coming months and years.

The WECAN Story

The WECAN Food Basket Society of Alberta began in 1995 in response to the "empty fridge" syndrome. After talking with members of the communities where they worked and lived, City of Edmonton social workers Cathy Vereyken and Alecia D'Elia realized that families and individuals needed a way to ensure that fresh, nutritious food could be available near the end of the month when finances were running low.

After researching options and looking at similar programs, WECAN started with one depot in the Abbottsfield community. From this small, grassroots initiative, the program has continued to grow and expand to include more than 20 depots in Edmonton and the surrounding area, serving more than 500 families today.

Food basket depots are hosted by community agencies and by community volunteers. This volunteer and community support has been, and continues to be, the cornerstone of the WECAN food basket program. In 1996, The Grocery People were approached to provide the meat and produce offered in the program and this relationship has continued to the present day.

Membership is the basis of the WECAN organization. Members provide the direction for the WECAN organization and they support each other in their quest for food security. Members volunteer their time and expertise both in individual depots and on the Board of Directors.

Community based, community organized, and serving the community—we are the WECAN Food Basket Society of Alberta.

Cooking With Your WECAN Food Basket Menu

Pork Chop Dinner

- Reprinted from *The Pork Book* © Company's Coming Publishing Limited

Cooking oil	1 tbsp.	15mL
Pork chops (about 1½ lbs., 680 g)	4	4
Sliced fresh white mushrooms	3 cups	750 mL
Baby potatoes (about 1 ¼ lbs., 560 g)	20	20
Light sour cream	1 1/3 cups	325 mL
Dill weed	1 ½ tsp.	7 mL
Seasoned salt	½ tsp.	2 mL

Heat cooking oil in large deep or electric frying pan on medium-high. Add chops. Cook for about 2 minutes per side until browned.

Sprinkle with mushrooms. Arrange potatoes around edge of pan. Reduce heat to medium-low. Cover. Cook for about 30 minutes until potatoes are tender.

Combine sour cream, dill weed and seasoned salt in small bowl. Pour over chops and potatoes. Turn chops. Stir sour cream mixture until combined. Cover. Heat for about 5 minutes until heated through. Serves 4.

Everyday Vegetable Stir-Fry

- Reprinted with permission from *Everyday Delicious 2008* by the ATCO Blue Flame Kitchen

- ¾ cup (175 mL) water
- 2 tbsp. (25 mL) soy sauce
- 2 tsp. (10 mL) cornstarch
- 1½ tsp. (7 mL) grated fresh ginger
- 1 tbsp. (15 mL) oil
- 2 cups (500 mL) broccoli florets
- ½ cup (125 mL) diagonally sliced carrots
- 1 clove garlic, finely chopped
- 1 cup (250 mL) sugar snap peas
- ½ cup (125 mL) thinly sliced red bell pepper
- ¼ cup (50 mL) diagonally sliced green onion
- 1 can (8 oz./227 mL) sliced water chestnuts, drained

Whisk together water, soy sauce, cornstarch, and ginger until blended; set aside. Heat oil in a wok or large fry pan over medium heat. Add broccoli, carrots, and garlic; stir-fry until almost tender crisp, about 3-4 minutes. Add sugar snap peas, red pepper, green onion, and water chestnuts; stir-fry for 2 minutes. Stir soy sauce mixture and add to vegetables. Stir-fry for 1-2 minutes or until thickened and bubbly.

Serves 4-6

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$ 5.50	\$ 6.05	\$ 6.60	\$ 5.64	\$ 5.66	\$ 5.00
1 lb. Basa Fillets	\$ 4.45	\$ 6.76	\$ 4.54	\$ 3.99	\$ 4.52	\$ 4.00
700 g Boneless Pork Chops	\$ 10.78	\$ 8.93	\$ 8.00	\$ 12.09	\$ 7.70	\$ 5.60
1 kg Bananas	\$ 1.75	\$ 1.21	\$ 1.76	\$ 1.53	\$ 1.53	\$ 1.61
1 kg Red Delicious Apples	\$ 5.49	\$ 3.73	\$ 3.95	\$ 4.14	\$ 3.90	\$ 1.78
4 Medium Oranges	\$ 1.87	\$ 1.64	\$ 1.64	\$ 1.62	\$ 1.45	\$ 1.84
5 lb Russet Potatoes	\$ 3.99	\$ 1.99	\$ 3.69	\$ 4.40	\$ 2.97	\$ 1.63
1 bunch Broccoli	\$ 2.49	\$ 2.99	\$ 2.29	\$ 2.27	\$ 2.27	\$ 1.63
1 Celery	\$ 0.99	\$ 1.99	\$ 1.99	\$ 1.98	\$ 1.67	\$ 1.55
TOTAL	\$ 37.31	\$ 35.29	\$ 34.46	\$ 37.66	\$ 31.67	\$ 24.64