

# The WECAN Food Basket Society News



August 2014

## WECAN News

### WECAN Has Moved:

WECAN Food Basket Society moved out of St. Brenden's School on Wednesday, August 20th. As our new office space is not quite ready for us, Christine and Merlyn will be handling our day-to-day affairs remotely from their homes for the next couple of months. Our phone number, email address and website remain the same; however, we will only be able to return your calls, so leave us a message on our voice mail. **Our mailing address is now PO Box 34148, RPO Kingsway Mall, Edmonton, AB, T5G 3G4.** We look forward to telling you all the details of our new office space once we have moved in and are operational. Thank you for your patience until our move is complete.

### Veggies from Lady Flower Gardens

The vegetables are now ready for picking at Lady Flower Gardens—20303—33 Street NE (within the city limits, NE area near Horse Hills). They require volunteers to help with the harvest. Harvest one basket for Lady Flower Gardens and then you can pick an equal basket for your family FOR FREE. They have a schedule for guest harvesters (Wednesdays from 1 to 9 pm and Saturdays from 1 to 5 pm). Contact Kelly via phone or text at 780-686-5330 to arrange your time to pick.

### YEG Market in the Back Alley

Sunday, August 24th from 9 am to 5 pm. Vendors, Buskers, Local Stage Entertainment, Family Zone, Food Trucks, Local Wind and Cedar Beer Patio Back alley just north of Stony Plain Road between 153 and 154 Streets. More info at [www.YEGmarket.ca](http://www.YEGmarket.ca)

## Food Finance

### Making the Most of Your Food Dollars

#### Lesson 1: Comparing Prices

Sharpen your pencils and get out your calculator. This month's lesson involves a little math and some critical thinking. Get ready to hone your skills.

To get the best bang for your food dollar, it is important to compare prices between the various retail outlets. But, how do you do that when one advertises the price of an item per pound, the next as a price per kilogram, and the third as a price per item? This is where the math comes in.

- 1 kilogram (kg) = 1000 grams (g)
- 1 kg = 2.2 pounds (lb)
- 1 lb = 454 g

This month, the WECAN basket has 0.9 kg (900 g) of chicken thighs for \$6.69. To compare this price to Sobeys advertised price of \$3.99 per pound or \$8.80 per kilogram, take Sobeys price of \$8.80 per kilogram and multiply by 0.9 to get a price of \$7.92 for 0.9 kg.

It becomes more difficult when you try to

compare the price of an item advertised as "each" with a price advertised as per pound or per kilogram. For example, the price of the cantaloupe in the WECAN basket is \$1.87 each. However, Save-On has advertised cantaloupe at \$0.79 per pound which is \$1.74 per kg (0.79 x 2.2). In order to compare the prices, you must know the weight of one cantaloupe. In our comparison price list below, one cantaloupe from Save-On costs \$1.49, so the cantaloupe in the chart weighed 1.89 lb (1.49 / 0.79) or 0.86 kg (1.49 / 1.74). Cantaloupes vary greatly in size making comparisons with between a price advertised as "each" and a price per lb. very difficult.

When items are pre-packaged, such as the turkey sausages, make sure that when you compare prices the package sizes are the same. If the packages are not the same size, then you must take care to recalculate the prices as if both packages were the same size. An easy way to do this is to figure out the price per gram for each package. For example, WECAN's turkey sausages work out to 0.98¢ per gram (3.69 / 375). — Happy Shopping!

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian Superstore	Walmart	WECAN Food Basket Society
500 g Lean Ground Beef	\$5.50	\$5.29	\$6.30	\$4.64	\$5.75	<b>\$4.50</b>
900 g Chicken Thighs	\$8.54	\$6.00	\$7.92	\$5.63	\$5.00	<b>\$6.69</b>
375 g Turkey Sausage	\$4.09	\$5.00	\$3.86	\$4.31	\$4.25	<b>\$3.69</b>
1 kg Bananas	\$1.94	\$1.84	\$1.49	\$1.95	\$1.70	<b>\$1.50</b>
1 kg Medium Oranges	\$3.73	\$3.73	\$3.50	\$3.24	\$3.24	<b>\$2.17</b>
1 Cantaloupe	\$2.49	\$1.49	\$2.99	\$2.58	\$1.97	<b>\$1.87</b>
5 lb. Russet Potatoes	\$3.99	\$3.99	\$4.39	\$3.99	\$2.77	<b>\$1.96</b>
1 bunch Broccoli	\$1.99	\$2.49	\$2.59	\$1.25	\$1.47	<b>\$1.17</b>
1 Long English Cucumber	\$1.79	\$1.79	\$1.99	\$1.28	\$1.27	<b>\$0.97</b>
<b>TOTAL</b>	<b>\$34.06</b>	<b>\$31.62</b>	<b>\$35.03</b>	<b>\$28.87</b>	<b>\$27.42</b>	<b>\$24.52</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

## Quinoa and Turkey Sausage Bake

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

1 lb (0.5 kg) turkey sausages, casings removed  
 1 cup (250 mL) diced onion  
 1 tsp (5 mL) canola oil  
 1 tsp (5 mL) chili powder  
 2 cloves garlic, finely chopped  
 1 cup (250 mL) chicken broth  
 1 cup (250 mL) quinoa, thoroughly rinsed and drained  
 1 cup (250 mL) diced red bell pepper  
 1 cup (250 mL) diced tomatoes  
 ½ cup (125 mL) diced celery  
 ½ cup (125 mL) tomato juice  
 1 tbsp. (15 mL) Italian seasoning  
 1 tsp (5 mL) Louisiana-style hot sauce  
 ½ tsp (2 mL) salt  
 Chopped fresh parsley

1. Preheat oven to 350°F (180°C).
2. Place sausages in a Dutch oven over medium heat.
3. Cook, stirring to break up sausages, until browned.
4. Add onion, oil, chili powder and garlic; sauté until onion is softened, about 5 minutes. Remove from heat.
5. Add broth, quinoa, red pepper, tomatoes, celery, tomato juice, Italian seasoning, hot sauce and salt; stir to combine.
6. Spoon mixture into a greased 2 quart (2 L) baking dish.
7. Bake, covered for 45 minutes or until quinoa is tender and liquid is absorbed.
8. Sprinkle with parsley.

Serves 6

## Slow Cooker Baked Potatoes

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

Scrub 6 large russet potatoes and pat dry with paper towels; prick with a fork. Rub potatoes all over with oil. Place potatoes in a 5-6 quart (5-6 L) slow cooker. Cover and cook on low heat setting for 8-10 hours or until potatoes are tender. Alternatively, cover and cook on high heat setting for 4-5 hours. Serves 6

## Potato Packets for the Barbeque

- Paige Nelson

4 Russet Potatoes, peeled and sliced  
 2 Green onions, sliced  
 2 Cloves garlic, minced.

Butter  
 Salt and Pepper to taste  
 8 squares of tin foil.

Place about 2 tsp. butter on a square of tin foil. Add 1 sliced potato, 1/4 of the green onions, 1/4 of the minced garlic and sprinkle with salt and pepper. Fold tin foil securely around the potato mixture to seal the packet. Wrap in a second layer of tin foil. Repeat this for each of the sliced potatoes.

Barbecue over medium heat for 30 minutes, turning after the first 15 minutes. Serves 4

## The Best Broccoli Salad

- Reprinted from *Garden Greens* © Company's Coming Publishing

Bacon slices, finely diced	10	10
Large head of broccoli, cut into florets, stems peeled and chopped (about 1½ lbs., 680 g)	1	1
Small red onion, halved lengthwise and thinly sliced	1	1
Golden raisins	1 cup	250 mL
<b>Dressing</b>		
Mayonnaise (not salad dressing)	1 cup	250 mL
Granulated sugar	¼ cup	60 mL
White vinegar	2 tbsp.	30 mL
Chopped dried chives	2 tsp.	10 mL
Salted sunflower seeds, toasted	2/3 cup	150 mL

Cook bacon in large frying pan until almost crisp. Remove to paper towel to drain. Put into large bowl.

Add broccoli, onion and raisins. Toss.

**Dressing:** Combine first 4 ingredients in small bowl. Let stand for about 5 minutes until sugar is dissolved. Stir. Makes about 1 1/3 cups (325 mL) dressing. Drizzle over broccoli mixture. Toss.

Just before serving, sprinkle with sunflower seeds. Toss or serve as is. Make 12 cups (3 L).

## Cucumber Dill Salad

- Reprinted from *Garden Greens* © Company's Coming Publishing

<b>Dill Dressing</b>		
Plain yogurt	1 cup	250 mL
French dressing	¼ cup	60 mL
Chopped fresh dill (or 3/4 tsp., 4 mL dill weed)	1 tbsp.	15 mL
English cucumber (with peel) thinly sliced	1	1
Small red onion, thinly sliced	1	1
Bag of mixed salad greens	12 oz.	340 g

**Dill Dressing:** Combine yogurt, French dressing and dill in small bowl. Let stand for 10 minutes to blend flavours. Makes 1¼ cups (300 mL) dressing

Put cucumber, onion and salad greens into large bowl. Toss. Drizzle with dressing. Toss gently. Makes 8 cups (2 L).

## 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)

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 September 5. You can submit your next payment when you pick up your August food basket to make sure you get an order next month.**

**Thank you from the WECAN Food Basket!**

**Your Depot:**

**Next Fees Deadline: Sept. 5, 2014**  
**Next Pick-up Days: Sept. 18 / 19**