

Upcoming Events:

Deadline for your next food order: January 9, 2015

Next depot pick-up days: Jan. 22/23, 2015

Membership Renewal: Annual memberships are due to be renewed soon. Memberships are effective from April 1, 2015 to March 31, 2016 and can be purchased from your Depot Coordinator or by contacting the WECAN office.

WECAN Move to New Office: The renovations are proceeding well, but slowly in our new office space. We hope to complete the move to our new quarters in early January. Your continued patience is much appreciated.

WECAN accepts money donations from members, past members, friends and family of members, as well as businesses. A taxable charitable donation receipt will be issued. We are currently fundraising \$10,000 for our Edmonton Community Foundation endowment fund to help with operational expenses. Please consider donating to your organization.



WECAN
Food Basket
Society

PO Box 34148
RPO Kingsway Mall
Edmonton AB T5G 3G4
Phone: 780-413-4525
Fax: 780-442-2625

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: 12-14
December, 2014

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Food Prices on the Rise

It comes as no surprise to WECAN members that news sources are, once again, focusing on the increasing cost of food. In the past year meat prices have risen 24%. Produce is on the rise as well, but not as dramatically as meat.

Volunteer Appreciation

Our "Christmas in November" Volunteer Appreciation event was well-attended despite the onslaught of winter weather. A big thank you goes out to Esther and Danilo Gonzales who cooked up a delicious roast beef dinner for us to share and to the Edmonton Moravian Church for allowing us to use their space. Thanks to the support of The Grocery People and the Christmas Bureau we were able to, once again, show our appreciation for our wonderful volunteers who keep us going through thick and thin.

Food Finance

Making the Most of Your Food Dollars

Lesson 5: Putting It All Together:

In previous columns we have discussed how to compare prices, menu and shopping planning, avoiding food waste, and buying in season. All of these components contribute to stretching our food budget. Now it's time to put it all together and really save money.

The first step is to look at what you received in this month's food basket and check out what you have on hand in your pantry. This will form the basis of next week's menus for your family. Don't forget to take into account any daily activities (hockey practice, yoga, music lessons) that impact the dinner hour and the amount of time you may have to prepare meals.

Next, check out supermarket advertising for specials that you can make use of with your menu. Be sure to compare prices between supermarkets to make sure you are getting the best deal. Don't be afraid to modify your menu to take advantage of these specials.

Now, go shopping. Purchase only what you need, trying to avoid those items that are not necessary but look so good. Keep in mind that going to several stores to take advantage of special pricing may cost you more in gas money than you save on your purchases.

Finally, don't forget to make use of any leftovers for sandwiches, soups or casseroles to minimize any food waste.

Cooking With Your WECAN Food Basket Menu

Chicken Broccoli

- Julia Meador

Thank you to Robert from Alberta Avenue Depot for sharing this recipe

Chopped chicken pieces	1 cup
Rice	1/2 cup
Water	1 1/2 cups
Broccoli, chopped	1/2 cup
Cream of Mushroom soup	1 can
Cheese	

Put water into casserole dish. Add rice, then uncooked chicken, then broccoli.

Top with cream of mushroom soup and then as much cheese as you would like.

Bake in 350°F oven for 30 minutes, checking often to make sure rice is cooking and is not drying out. If too dry, add 1/4 cup water.

3-Minute Chocolate Mug Cake:

1	Coffee Mug	3 tbsp.	Milk
4 tbsp.	Flour (plain, not self-rising)	3 tbsp.	oil
4 tbsp.	Sugar	3 tbsp.	Chocolate Chips (optional)
2 tbsp.	Baking Cocoa		Small splash of Vanilla
1	Egg		

Add dry ingredients to mug and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add the chocolate chips (if using) and vanilla and mix again. Put your mug in the microwave and cook for 3 minutes at 1000 watts.

The cake will rise over the top of the mug, but don't be alarmed! Allow to cool a little and tip out onto plate if desired.

Why is this the most dangerous cake recipe in the world? Because we are now only 5 minutes away from chocolate cake at any time of the day or night.



Crockpot Ranch Pork Chops

- Living Laughing and Loving

Pork chops	
Hidden Valley Ranch Mix Packet	1
Cream of Chicken Soup	1
Water	1 can

Combine all three ingredients in the crockpot (slow cooker) and mix well. Cook on low for 4 to 6 hours

Thank you to Robert from Alberta Avenue for this suggestion.

Nacho Shake

1/2 cup	Grated Parmesan Cheese
1 tsp.	Paprika
1 tsp.	Chili Powder
1/2 tsp.	Ground Cumin
1/4 tsp.	Cayenne Pepper
1/4 tsp.	Pepper

Measure all 6 ingredients into small bowl. Stir Well. Spoon into jar with tight-fitting lid. Store in refrigerator for up to 2 months. Makes about 1/2 cup.

Parmesan Dill Shake

1/2 cup	Grated Parmesan Cheese
1 tbsp.	Dill Weed
1/2 tsp.	Garlic Salt

Measure all 3 ingredients into small bowl. Stir Well. Spoon into jar with tight-fitting lid. Store in refrigerator for up to 2 months. Makes about 1/2 cup.

Sprinkle shake over hot buttered popcorn. Toss well

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$ 6.27	\$ 6.05	\$ 6.05	\$ 5.24	\$ 6.50	\$5.25
500 g Boneless Pork Chops	\$ 8.26	\$ 8.26	\$ 6.80	\$ 6.85	\$ 6.78	\$ 4.50
900 g Chicken Thighs	\$ 8.51	\$ 9.00	\$ 7.99	\$ 5.30	\$ 7.26	\$ 5.30
1 kg Bananas	\$ 1.94	\$ 1.94	\$ 1.74	\$ 1.70	\$ 1.70	\$ 1.50
1 kg Medium Navel Oranges	\$ 4.39	\$ 4.39	\$ 3.28	\$ 3.07	\$ 3.24	\$ 1.73
1 kg Gala Apples	\$ 3.28	\$ 4.17	\$ 3.95	\$ 3.90	\$ 3.90	\$ 1.56
5 lb Russet Potatoes	\$ 3.99	\$ 3.99	\$ 3.49	\$ 3.85	\$ 2.47	\$ 1.81
1 bunch Broccoli	\$ 3.29	\$ 5.49	\$ 4.39	\$ 5.47	\$ 5.49	\$ 1.22
1 pkg. Greenleaf Lettuce	\$ 1.49	\$ 1.49	\$ 1.69	\$ 1.68	\$ 1.47	\$ 1.34
1 bunch Green Onions	\$ 0.79	\$ 0.79	\$ 0.89	\$ 0.57	\$ 0.57	\$ 0.37
TOTAL	\$42.21	\$45.57	\$40.27	\$ 37.63	\$ 39.38	\$ 24.58