

## Upcoming Events:

**Deadline for your next food order: January 8, 2016**

**Next depot pick-up days: January 21 / 22, 2016**

### 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.

**2016 Casino Dates:** Our next casino will be held at Century Casino,  
Friday, February 12, 2016  
Saturday, February 13, 2016  
Call the WECAN office for more information.

*May the sights and sounds of this lovely holiday season  
bring lasting memories to you and yours to brighten the  
new year ahead.*



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



**Your Depot:**

Issue: 15-12  
December, 2015

## FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

### Volunteer Appreciation

WECAN's Volunteer Appreciation Lunch, "Christmas in November", was held at our Strathcona Depot on Friday, November 27th and was very well attended. Approximately 55 people gathered to enjoy making crafts, visiting with other volunteers and, of course, eating a wonderful roast beef dinner.

We thank the pastor and congregation of the Edmonton Moravian Church for graciously allowing us to use their facilities once again. And, thank you to Maxine Charlton, Strathcona Depot Coordinator, for making the arrangements with the Moravian Church. Also, we thank our chef of the day, Danilo Gonzales, for cooking our delicious meal. Danilo was ably assisted by his wife Esther. And last, but certainly not least, we thank our sponsors for their generous donations of food and funds – The Grocery People Warehouse and Union 52. Without their support we would not be able to enjoy such a joyous gathering of friends and volunteers.

To all our volunteers, those present for the celebration and those who could not join us, thank you for all your support and willing donation of your time and talents throughout the year. We could not do what we do without you.

### Special December Food Basket

December's food basket has been in preparation for some time. As most of you are aware, we have gone with only two meat items this month in order to bring you ham (or a beef roast as the no pork option) as well as chicken thighs. When going through past newsletters, Suzanne was surprised to find that it has been almost two years since we have been able to have an eye of round roast in our order and the last ham we offered was ham steaks in November, 2013. She says, "It is a real eye opener to go through previous orders from even two years ago and see the dramatic price increases across the board. I am pleased that we were able to do something out of the ordinary for the Christmas season and thank you to all who responded positively to this idea."

Once again, we are in winter and getting value for our food dollars becomes more difficult due to the climate in which we live. That means, as usual, more carrots, potatoes and onions. To perk up your appetite and taste buds, take a look at our recipe selections this month for some innovative ideas and fresh takes on these basic vegetables.

## Cooking With Your WECAN Food Basket Menu

### Ginger-Glazed Carrots

- Reprinted from *More with Less Cookbook*

Boil in small amount of water

8 small carrots (or equivalent carrot sticks)

When almost tender, drain well. (Reserve liquid for soup making.)

Heat in heavy skillet:

1½ Tbsp. butter or margarine

¼ tsp. ground ginger

1 Tbsp. honey or sugar

Add carrots and stir carefully to coat. Cook over low heat until glazed, turning frequently.

Option:

Omit ginger. Add 1 Tbsp. prepared mustard. Sprinkle with chopped chives, mint, or parsley.

Serves 4

### Carrot Raisin Salad

- Reprinted from *Salads*© Company's Coming Publishing Limited

Shredded carrot	2 cups	500 mL
Raisins	½ cup	125 mL
Mayonnaise	1/3 cup	75 mL
Vinegar	1 tbsp.	15 mL

Put all ingredients into bowl. Toss to coat. Serves 6

Variations: Add ½ cup (125 mL) chopped celery.

Substitute dried cranberries for the raisins.

### Coating Mix for Oven:-Fried Chicken

- Reprinted from *More with Less Cookbook*

Dry bread crumbs	2 cups	500 mL
Salt	1½ tsp.	7 mL
Paprika	1½ tsp.	7 mL
Celery salt	1 tsp.	5 mL
Onion salt	1 tsp.	5 mL
Pepper	¼ tsp.	1 mL
Poultry seasoning (optional)	1 tsp.	5 mL
Vegetable oil	¼ cup	65 mL

Blend ingredients with fork or pastry blender until well mixed. Keeps unrefrigerated in tightly covered container.

When read to use:

Preheat oven to 350°F (175°C).

Put ½ cup coating mix in plastic or paper bag. Moisten chicken pieces with water or milk and shake one piece at a time in bag. Add more mix as needed. Lay chicken skin-side up in greased pan and bake 1 hour or until tender. No turning needed.

Option:

Use for fish fillets. Bake 30 minutes.

# Happy Holidays

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
1 kg Old Fashioned Ham	\$ 13.70	\$ 13.74	\$ 14.98	\$ 9.98	\$ 9.96	\$ 11.49
1 kg Chicken Thighs	\$ 7.47	\$ 5.49	\$ 9.01	\$ 8.79	\$ 8.00	\$ 5.00
0.9 kg. Bananas	\$ 1.75	\$ 1.75	\$ 1.76	\$ 1.53	\$ 1.53	\$ 1.61
5 - 6 Mandarin Oranges	\$ 3.28	\$ 4.39	\$ 2.27	\$ 2.63	\$ 2.63	\$ 1.21
5 Red Delicious Apples	\$ 4.39	\$ 4.17	\$ 4.39	\$ 3.68	\$ 2.63	\$ 1.86
5 lb. Russet Potatoes	\$ 3.49	\$ 3.99	\$ 3.49	\$ 3.98	\$ 2.97	\$ 2.10
2 lb. Carrots	\$ 2.49	\$ 2.98	\$ 2.58	\$ 1.78	\$ 2.97	\$ 1.34
3 lb. Onions	\$ 3.99	\$ 3.99	\$ 2.97	\$ 1.97	\$ 2.97	\$ 1.87
<b>TOTAL</b>	<b>\$ 40.56</b>	<b>\$ 40.50</b>	<b>\$ 41.45</b>	<b>\$ 34.34</b>	<b>\$ 33.66</b>	<b>\$ 26.48</b>