

Upcoming Events:

Deadline for your next food order: January 6, 2017

Next depot pick-up days: January 19 / 20, 2017

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.



Annual Memberships

The WECAN annual membership is \$5.00 per family. Our membership year is April 1st to March 31st. To purchase your membership, contact your Depot Coordinator.



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



Your Depot:

Issue: 16-12
December, 2016

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN Volunteer Appreciation

WECAN's annual volunteer appreciation event, "Christmas in November", was well attended by many of our Depot Coordinators and their volunteers, Board Members, and representatives of some of the agencies we work with. Attendees enjoyed a hot lunch, and participated in craft events, and some even left with door prizes.

WECAN would like to thank Maxine Charlton and the Board of the Edmonton Moravian Church for once again making the space available to us to host this event. And a big thank you goes out to Suzanne and Paige for organizing the crafts and preparing the lunch with lots of help from Gary, Clyde, Andrea and Ryan. Thank you, as well, to TGP for supplying the food for our lunch. Without their help this event would be much more difficult to hold.

This year, the crafts included making Dry Onion Soup Mix, Herbes de Province, and a Christmas-scented potpourri. The recipes for the soup mix and the herb mixture are included in the recipe section of this newsletter.

Thanks again to all those who worked hard to make this event a success.

Meat Magic

Eye of Round is the best cut out of the three muscle meats coming from the hip of beef. As far as quality, going from best to worst, it goes Eye, then Inside, then Outside. Eye of Round can even make a good steak.

- Paul Oosterhuis, Meat Manager, TGP

To all our members,

Best wishes for a truly wonderful holiday time with friends and family. May your homes and hearts be filled with joy, peace and love throughout the season and into the New Year.

Merlyn, Suzanne, and the WECAN Board Members

Cooking with Your WECAN Food Basket Menu

Herbes de Province

- Suzanne Rigsby

- 1 tbsp. Savory
- 1 tbsp. Marjoram
- 1 tbsp. Rosemary
- 1 tbsp. Thyme
- 1 tbsp. Oregano
- 1 tbsp. Basil

Mix all ingredients together and store in an air-tight container.

This herb mix is an excellent addition to practically anything you cook, including beef, pork, chicken, sauces, and stews. It is especially good when roasting vegetables – toss vegetables with a bit of olive oil and herb mix, then roast.

Dry Onion Soup Mix

- CDKitchen

- ¼ cup dehydrated minced onion flakes
- 2 tbsp. instant beef bouillon
- ½ tsp. onion powder

Combine the onion flakes, beef bouillon, and onion powder until blended. Store in an airtight container.

This makes the equivalent of 1 package soup mix. Use anywhere that onion soup mix is called for in recipes.

Turkey Meatballs

- Paige Nelson

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|---------------------------------|----------|--------|
| Large egg, fork beaten | 1 | 1 |
| Fine dry bread crumbs | ½ cup | 125 mL |
| Parsley Flakes | 1 tsp. | 5 mL |
| Dried Oregano | 1/3 tsp. | 2 mL |
| Lean ground turkey (or chicken) | 1 lb. | 454 g |

Combine first 4 ingredients in large bowl.

Add turkey. Mix well. Roll into 1 inch (2.5 cm) balls. Place on greased, rimmed cookie sheet and bake at 400°F for 15 minutes.

At this point, meatballs can be used immediately in your favourite sauce (spaghetti, sweet and sour, etc.) or frozen for future use.

Easy Sweet and Sour Sauce

- 1 envelope onion soup mix
- ½ cup brown sugar
- ¼ cup vinegar

Mix all ingredients together and pour over meatballs, or chicken. Bake at 375°F for 1 hour or until meat is cooked. If using for meatballs, add enough water to almost cover meat to prevent meatballs from drying out.

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	WECAN
1 lb ground turkey	\$ 7.79	\$ 5.00	\$ 7.79	\$ 5.99	\$ 6.77	\$ 3.84
800 g Schneiders Ham	\$ 12.95	\$ 12.99	\$ 14.99	\$ 7.97	\$ 7.97	\$ 12.09
1 kg Bananas	\$ 1.74	\$ 1.72	\$ 1.74	\$ 1.74	\$ 1.70	\$ 1.61
1 kg Mandarin Oranges	\$ 4.39	\$ 3.98	\$ 3.28	\$ 1.50	\$ 5.97	\$ 1.93
900 g Spartan Apples	\$ 3.95	\$ 3.95	\$ 4.39	\$ 3.85	\$ 2.52	\$ 1.88
10 Bakers Potatoes	\$ 4.99	\$ 3.29	\$ 3.99	\$ 3.85	\$ 3.35	\$ 2.00
1 lb. Yellow Onions	\$ 2.97	\$ 2.99	\$ 2.99	\$ 1.47	\$ 1.47	\$ 1.33
2 lb. Carrots	\$ 1.97	\$ 2.79	\$ 1.99	\$ 1.99	\$ 1.47	\$ 1.36
TOTAL	\$ 40.75	\$ 36.71	\$ 41.16	\$ 28.36	\$ 31.22	\$ 26.04