

Upcoming Events:

Deadline for your next food order: March 6, 2015

Next depot pick-up days: Mar. 19/20, 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.

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 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

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Thank you to the following businesses and
or **THE GROCERY PEOPLE WAREHOUSE MARKET** support:



Your Depot:

Issue: 15-02
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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN Has a New Office

The long awaited move to our new office location is now complete. We have leased space from the Edmonton Gleaners Association in their new office/warehouse location on 120 Street and 114 Avenue. While we are still sorting files and unpacking boxes, our new office is up and running. We thank all our members, as well as everyone who has made inquiries about WECAN, for their patience over the past seven months. It has been a slow transition, but we now have a space for the next five years that we can call our own.

Food Prices

Food prices continue to rise in Edmonton and the surrounding area. What is the best way to accommodate this pressure on our food basket? Your suggestions are valuable to us. Talk to your coordinator about what you think is the best way for WECAN to proceed.

Food Finance

Making the Most of Your Food Dollars

Lesson 7: At Home in Your Pantry:

Having to throw away food because it is past its prime is one of the main ways to increase your overall food costs. Items that spoil before they can be used, leftovers that get forgotten in the back of the refrigerator, that special item purchased with good intentions but never used - all contribute to unnecessary wastage. And, we are all guilty.

Therefore, it is important to take stock of what is in your pantry and refrigerator on an ongoing basis to minimize waste. Bits of leftover vegetables can be added to a soup or stew. Bones from that roast beef or roast chicken can be made into a delicious soup stock and used immediately or frozen for future use (just don't forget you have it in your freezer). When I am checking my pantry I often find an item, such as those dried navy beans, that I purchased to try in a new recipe. Just seeing them reminds me to go ahead with the recipe and include them in the weekly menu now.

If you have purchased an item, tried it, and found that your family is reluctant to eat it, make a note and avoid that item in the future. Being aware of family members' likes and dislikes, and being aware of what is in your refrigerator, freezer, and pantry, will go long way to avoiding unnecessary food waste and will help to keep the amount you spend on your food budget at a reasonable level.

Cooking With Your WECAN Food Basket Menu

Italian Potato Roast

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

Unpeeled potatoes (about 5 medium), cut into chunks	2 ½ lbs.	1.1 kg
Olive Oil	2 tbsp.	30 mL
Package of Zesty Italian dressing mix	¾ oz.	21 g

Put potato chunks into large sealable plastic bag. Drizzle olive oil inside. Seal bag. Shake to coat potatoes.

Sprinkle dressing mix into bag. Seal. Shake well to coat potatoes. Arrange potatoes in single layer on greased baking sheet. Bake in 400°F (205°C) oven for 30 minutes. Stir. Bake for 5 to 10 minutes until browned and tender. Serves 4.

Chili Pork Chops

- Reprinted from *30 Minute Pantry*© Company's Coming Publishing Limited

All-purpose flour	3 tbsp.	50 mL
Chili powder	2 tsp.	20 mL
Seasoned salt	½ tsp.	2 mL
Large egg	1	1
Fine dry bread crumbs	2/3 cup	150 mL
Chili powder	1 tsp.	5 mL
Boneless fast-fry pork chops (about 1 lb., 454 g)	4	4
Cooking oil	1 tbsp.	15 mL
Salsa (optional)	1 cup	250 mL

Combine first 3 ingredients in medium shallow dish.

Beat egg with fork in small shallow dish.

Combine bread crumbs and second amount of chili powder in large shallow dish.

Press both sides of pork chops into flour mixture until coated. Dip into egg. Press both sides into bread crumb mixture until coated. Discard any remaining flour mixture, egg and bread crumb mixture.

Heat cooking oil in large frying pan on medium. Add pork chops. Cook for 3 to 4 minutes per side until browned and no longer pink inside.

Serve with salsa. Serves 4

Potato and Broccoli Soup

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

Broccoli florets	4 cups	1 L
Water		
Hard margarine (or butter)	2 tbsp.	30 mL
Finely chopped leek (white and tender parts only)	1 ½ cups	375 mL
All-purpose flour	2 tbsp.	30 mL
Prepared chicken broth	3 cups	750 mL
Milk	3 cups	750 mL
Dijon mustard	1 tbsp.	15 mL
Chopped potato	2 cups	500 mL
Grated medium Cheddar cheese	¾ cup	175 mL
Pepper	¼ tsp.	1 mL

Cook broccoli in water in large saucepan for about 5 minutes until tender. Drain. Set aside.

Melt margarine in large pot or Dutch oven on medium-low. Add leek. Cook for about 10 minutes, stirring occasionally, until tender.

Add flour. Heat and stir for about 1 minute until smooth.

Add broth, milk, and mustard. Heat and stir on medium-high for 5 to 10 minutes until boiling and thickened.

Add potato. Stir. Cook, uncovered, on medium for about 15 minutes until potato is tender. Cool slightly. Process potato mixture and ½ of broccoli in blender until smooth. Return to pot. Chop remaining broccoli. Add to potato mixture.

Add cheese and pepper. Heat and stir on medium for about 15 minutes until cheese is melted and mixture is hot. Makes about 7 cups (1.75 L)

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$ 6.27	\$ 5.89	\$ 6.08	\$ 5.49	\$ 6.84	\$ 5.50
Turkey Sausage Ring	\$ 6.59	\$ 5.99	\$ 6.59	\$ 5.99	\$ 5.99	\$ 3.00
800 g Boneless Pork Chops	\$ 13.20	\$ 12.33	\$ 11.45	\$ 13.82	\$ 10.86	\$ 6.50
1 kg Bananas	\$ 1.94	\$ 1.94	\$ 1.74	\$ 1.70	\$ 1.70	\$ 1.56
1 kg Royal Gala Apples	\$ 3.95	\$ 3.95	\$ 3.26	\$ 3.24	\$ 3.68	\$ 1.98
4 Medium Oranges	\$ 2.58	\$ 1.98	\$ 3.38	\$ 1.25	\$ 2.54	\$ 1.60
5 lb Russet Potatoes	\$ 3.99	\$ 3.99	\$ 3.99	\$ 2.90	\$ 2.77	\$ 1.66
1 Bunch Broccoli	\$ 2.24	\$ 2.24	\$ 2.69	\$ 2.47	\$ 1.77	\$ 1.74
2 lb Bag Carrots	\$ 1.98	\$ 1.98	\$ 1.99	\$ 1.88	\$ 1.65	\$ 1.35
TOTAL	\$ 42.74	\$ 40.29	\$ 41.17	\$ 38.74	\$ 37.80	\$ 24.89