

Upcoming Events:

Deadline for your next food order: March 4, 2016

Next depot pick-up days: March 17 / 18, 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.

Annual General Meeting

The Annual General Meeting of the WECAN Food Basket Society will be held in late May, 2016. The exact time and date will be published in upcoming newsletters. Please note, you must be a member to vote on any resolutions presented at this meeting.

Annual Memberships

The WECAN annual membership of \$5.00 per family is due by the end of March. Please purchase yours before March 31st from your Depot Coordinator.



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



Your Depot:

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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN Casino

Our Casino was held on February 12th and 13th at Century Casino and, although the final numbers are not in as yet, it appears that it was a success. Thank you to all the volunteers who contributed their time and energy in order to secure the funding that WECAN receives from this source.

Fundraising for WECAN

In an effort to increase and enhance our fundraising efforts, WECAN is now a partner of Changelit®, a new way to donate while making everyday purchases using your existing BMO® and RBC® Credit cards or select Credit Union Debit Cards®. Changelit lets you automatically round up your purchases and donate the difference to us.

With Changelit you can track your donations online, control your rounding preferences and even set a monthly maximum. At the start of each month, a donation notification will be delivered straight to your inbox from Changelit to let you know how much you donated in the previous cycle. You'll also receive an annual Official Donation Receipt for income tax purposes from us for every penny you donate. Getting started is simple:

- Sin up your BMO® and RBC® credit cards, or Credit Union cards debit cards at www.changeit.com/registration
- Select WECAN Food Basket Society of Alberta and set your rounding limits.
- Use your BMO® and RBC® credit card or select Credit Union debit cards and start making a difference.

WECAN and Lady Flower Garden

Once again WECAN will be cooperating with Lady Flower Garden in the weeding and harvesting of the vegetable garden. On Saturdays during May and June we can have up to 10 volunteers at the garden to weed for 1 full hour for each 50 cob bag of corn we can harvest later in the season. Once the harvesting of vegetables begins, the volunteers will weed for 1 hour first, then harvest for the Food Bank, Mustard Seed and Bissell, and then after all this is completed each volunteer can take a small portion home for themselves. Due to the popularity of the corn last summer, THERE WILL BE NO PRE-ORDERING OF CORN!!

Suzanne will be contacting our depots regarding sign-up sheets for volunteers to weed and to see where their food comes from and how it is harvested.

Cooking with Your WECAN Food Basket Menu

Baked Tomato Chops

- Reprinted from *4 Ingredient Recipes* © Company's Coming Publishing Limited

Montreal chicken spice, divided	2 tbsp.	30 mL
Boneless pork chops (about 1 lb., 454 g)	4	4
Chive and onion spreadable cream cheese	¼ cup	60 mL
Tomato slices (1/4 inch, 6mm, thick)	8	8

Reserve 1½ tsp. (7 mL) chicken spice in small cup. Rub remaining spice on both sides of pork chops. Arrange in greased 2 quart (2 L) casserole.

Combine cream cheese and 2 tbsp. (30 mL) water in small bowl. Spread on chops.

Top with tomato slices. Sprinkle with reserved spice. Bake, covered, in 350°F (175°C) oven for about 1 hour until chops are very tender.
Serves 4.

Food Storage Techniques

Not all fresh produce needs to be, nor should be, stored in the refrigerator to maintain maximum freshness.

Bananas and potatoes should only be stored at room temperature and preferably not put in the refrigerator.

Oranges, Apples, Broccoli, and Lettuce should all be stored in the refrigerator. There is no need to wash these items before storing them; in fact, it is recommended that they be stored unwashed as they will keep longer. Wash immediately before using.

Chicken Sloppy Joes

- Reprinted from *Chicken Now* © Company's Coming Publishing Limited

Cooking oil	1 tbsp.	15 mL
Lean ground chicken	1 lb.	454 g
Chopped green pepper	½ cup	125 mL
Chopped onion	½ cup	125 mL
Tomato juice	1 cup	250 mL
Can of pizza sauce	7 ½ oz.	213 mL
Ketchup	2 tbsp.	30 mL
Chili powder	1 tbsp.	5 mL
Garlic powder	¼ tsp.	1 mL
Salt	¼ tsp.	1 mL
Hamburger buns, split and toasted	4	4

Heat cooking oil in large frying pan on medium-high. Add next 3 ingredients. Scramble-fry for 8 to 10 minutes until chicken is no longer pink.

Add next 6 ingredients. Stir. Reduce heat to medium-low. Simmer, covered, for 10 minutes to blend flavours.

Place bun halves on large plate. Spoon chicken mixture over bun halves. Makes 8 sloppy joes for 4 hungry people.

WECAN Food Basket vs Pizza

Pizza tastes wonderful and is so easy to order, but how far does it really go and how many people does it really feed?

Recently, Dominos advertised their 4 topping large pizza for \$11.99. This pizza will likely feed 2 or 3 people for one meal and is ½ the cost of an entire WECAN basket which will feed 4 people for at least 3, or more, meals.

WECAN – truly a great bargain.

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$ 5.50	\$ 6.79	\$ 4.84	\$ 5.24	\$ 6.50	\$ 5.75
1 lb. Ground Chicken	\$ 7.60	\$ 7.00	\$ 7.60	\$ 6.00	\$ 6.00	\$ 3.29
1 kg Boneless Pork Chops	\$ 11.88	\$ 14.41	\$ 11.88	\$ 10.99	\$ 10.00	\$ 5.84
1 kg Bananas	\$ 1.74	\$ 1.94	\$ 1.74	\$ 1.94	\$ 1.70	\$ 1.72
1.5 lb. Gala Apples	\$ 2.25	\$ 2.25	\$ 2.99	\$ 2.80	\$ 2.21	\$ 1.40
1 kg Oranges	\$ 3.73	\$ 3.73	\$ 3.73	\$ 2.27	\$ 2.14	\$ 1.72
5 lb. Russet Potatoes	\$ 3.99	\$ 2.99	\$ 2.99	\$ 2.90	\$ 3.50	\$ 2.10
1 bunch Broccoli	\$ 2.49	\$ 3.49	\$ 3.49	\$ 2.47	\$ 3.27	\$ 1.48
1 cello Lettuce	\$ 1.99	\$ 1.99	\$ 1.99	\$ 1.97	\$ 1.97	\$ 1.52
TOTAL	\$ 41.17	\$ 44.59	\$ 41.25	\$ 36.58	\$ 37.29	\$ 24.82