

Upcoming Events:

Deadline for your next food order: February 5, 2016

Next depot pick-up days: February 18 / 19, 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.

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:

Issue: 16-01
January, 2016

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN Casino

As noted in past newsletters, our Casino will be held on February 12th and 13th, 2016 at the Century Casino. This is our biggest fundraising event and is essential to fund our ongoing services.

Thank-you to all who volunteered to help out at this Casino, your time and talent is much appreciated. Letters to each individual volunteer have been prepared by our office and are being sent out to confirm the position being filled, the dates and times, and the expectations regarding working at this event. If you have volunteered and do not get a written confirmation, please contact our office.

Once again, thank you to all our volunteers.

Depot Volunteers Needed

Our Depots are always looking for additional help in packing their orders on depot pick-up day. As the old saying goes: "Many hands make light work". If you are able to take a little extra time and come early to help at your depot, it would be greatly appreciated by all, especially by the Depot Coordinator.

Our Food Basket Selections

As has been well documented on the news and in the press, food prices are rising in Edmonton and across the country. And, just as it has been getting more difficult for our members to keep their food budgets in check, it is also getting more difficult for WECAN to put three fruits and three vegetables in each and every produce order for our price of only \$10 per order.

We will continue to put as much variety into the produce orders as possible; however, as this gets more and more difficult our members may see potatoes, carrots, onions, bananas, and apples (plus one other fruit) each and every month as these are the items most often in our price range.

To combat this monotony, we will try to suggest new and innovative ways to cook and serve these food items throughout the coming months. And, while not every recipe is tested by our editorial staff most of them are to ensure that our families, and yours, will enjoy the new taste sensations. We will try to keep these recipes simple to make using common, everyday ingredients so that everyone can try them regardless of cooking experience or level of skill. We wish you all Happy Cooking and Happy Eating.

Cooking With Your WECAN Food Basket Menu

Sloppy Joe Tacos

- Reprinted from *Ground Beef Recipes* © Company's Coming Publishing Limited

Cooking oil	2 tsp.	10 mL
Lean ground beef	1 lb.	454 g
Chopped onion	1 cup	250 mL
Can of condensed tomato soup	10 oz.	284 mL
Chili powder	1 tsp.	5 mL
Salt	¾ tsp.	4 mL
Pepper	¼ tsp.	1 mL
Garlic powder	¼ tsp.	1 mL
Hard Taco shells	12	12
Diced tomato	2 cups	500 mL
Shredded lettuce, lightly packed	2 cups	500 mL
Grated medium Cheddar cheese	1 cup	250 mL
Sour cream	½ cup	125 mL
Green onions, chopped	6	6

Heat cooking oil in large frying pan on medium. Add ground beef and onion. Scramble-fry for about 10 minutes until beef is no longer pink. Drain.

Add next 5 ingredients. Heat and stir for about 5 minutes until heated through.

Heat taco shells in oven according to package directions. Spoon beef mixture into shells. Layer remaining 5 ingredients on top of beef mixture.
Makes 12 tacos.

Pork Tenderloin with Sweet Fried Onions

1 pork tenderloin cut into 3 cm/ 1¼ inch slices
Butter for frying
Salt and pepper to taste
1 recipe of Sweet Fried Onions (see below) to serve

Preheat oven to 175°F (80°C).

Season the slices of meat on all sides with salt and pepper. Fry them in some butter in a frying pan or skillet over medium-high heat on both sides until golden. It should take about 3 minutes for each side. Place in the oven to rest for 10 minutes. They should be pink inside when done. Spoon the hot onions over the slices of tenderloin just before serving.

Serves 4

Sweet Fried Onions

50 g / 2 oz. (3½ Tbsp.) butter
4 small, or 3 medium, or 2 large onions cut into 1/8 inch slices
Salt and pepper to taste

Melt the butter in a frying pan over a medium heat. Season the onions lightly with salt to help them brown nicely, then fry the onions, stirring from time to time. Don't stir them too often or it will break them up too much. If you find you need to stir them to prevent them burning on the bottom of the pan, then your pan is too hot and you should lower the heat. Fry the onions until they are nice and amber. Make sure that the colour penetrates right through the onions, and is not just on the surface. Adjust seasoning before serving.

Preparation and cooking time: 45 minutes
Serves 4

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$ 6.94	\$ 6.79	\$ 6.25	\$ 6.61	\$ 6.50	\$ 5.49
1 lb. Chicken Sausage	\$ 6.63	\$ 6.65	\$ 6.60	\$ 3.98	\$ 3.98	\$ 3.49
500 g Pork Tenderloin	\$ 6.60	\$ 7.71	\$ 8.70	\$ 7.74	\$ 7.69	\$ 6.00
1 kg Bananas	\$ 1.94	\$ 1.94	\$ 2.18	\$ 1.70	\$ 1.70	\$ 1.67
1 kg Navel Oranges	\$ 4.39	\$ 4.39	\$ 4.39	\$ 3.24	\$ 2.14	\$ 1.73
3 Kiwi fruit	\$ 2.05	\$ 2.67	\$ 1.77	\$ 2.04	\$ 2.04	\$ 1.29
5 lb. Russet Potatoes	\$ 4.49	\$ 3.99	\$ 4.99	\$ 2.74	\$ 2.97	\$ 2.01
2 lb. Carrots	\$ 1.99	\$ 1.99	\$ 2.69	\$ 1.98	\$ 1.94	\$ 1.45
Celery	\$ 3.99	\$ 2.99	\$ 2.99	\$ 2.99	\$ 3.97	\$ 1.66
TOTAL	\$ 39.02	\$ 39.12	\$ 40.56	\$ 33.02	\$ 32.93	\$ 24.79