

Upcoming Events:

Deadline for your next food order: August 7, 2015

Next depot pick-up days: August 20 / 21, 2015

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.

Please join us and support the WECAN BBQ / Fundraisers at TGP

(14505 Yellowhead Trail)

July 23, 2015: 10:30 a.m. – 2:30 p.m.

August 13, 2015: 10:30 a.m. – 2:30 p.m.



Lady Flower Garden Schedule

Weed/Harvest: July 15

Weed/Harvest: August 19

Weed/Harvest: September 16



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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 Costs Rising

Just as the cost for everything in life has been rising in recent months, so has the cost to WECAN for the sorting and distribution of food to our depots. We have been able, in the past, to shield our members from any price adjustments by receiving much appreciated grants to cover our costs in this area. However, as this grant money comes to an end, we may have to pass some cost on to our members.

In the future you may notice that while you will still pay \$25 for a full order you will only receive \$24 worth of food (\$14.50 for meat orders and \$9.50 for produce orders). We are working hard to find other ways to cover our costs and will keep our membership posted as to our progress.

Lady Flower Garden

Our pilot project with Lady Flower Garden is going full speed ahead with weeding and harvesting being done by volunteers mainly from our Millbourne depot. Of course, more help is always appreciated. If you are able to assist in this area, please contact our office for more information.

It appears that there may be corn available for all our depots in August. However, you will have to pre-order your corn in order to receive it. The corn will be harvested on Wednesday of depot week so that we receive it fresh on depot day. The cost will likely be 3 cobs for \$1.00.

Call and confirm with your coordinator to purchase this delicious, fresh, locally grown corn on the cob

Sorting Food at the Depot

Thanks to our many wonderful volunteers, depot days run smoothly at our depots.

As food arrives, it is sorted into individual orders under the supervision of the Depot Coordinator. Meat orders are sorted into individual bags and stored in a freezer or coolers for pick up by depot members.

Most depots use bins to sort the produce. Bags of potatoes, carrots, etc. are easily sorted at 1 bag in each bin. An easy way to sort items which are weighed, particularly apples and oranges, is to weigh 1 kilogram of the item, count the number of items that make up that weight, then place that number of the item in each bin. For example, if there are about 5 apples in one kilogram, then each bin will receive 5 apples.

When members arrive to pick up their orders, meat is retrieved from the freezer and the member bags a bin of produce.

Cooking With Your WECAN Food Basket Menu

Oven-Baked Fries

- Reprinted from Aces © Best of Bridge Publishing

A healthier way to enjoy the all-time favourite French fry!

Medium Potatoes, unpeeled	4	4	
Vegetable Oil	1-2 tbsp.	15-30 mL	
Lawry's Seasoned Salt			

Preheat oven to 475°F. Wash potatoes, slice into ½" strips, and pat dry. Toss potatoes with oil in a bowl to coat. Spread on baking sheet and sprinkle with seasoned salt. Bake for 30 minutes. Turn occasionally.

Celery:

Celery can be enjoyed in many ways.

- Cut stalks into celery sticks and serve on a veggie platter with carrot sticks, cherry tomatoes, green pepper strips, etc.
- Stuff celery stalks with your favourite cheese (cheddar, mozzarella) for a quick snack or to add to a lunch bag
- Stuff celery stalks with peanut butter and add a few raisins for that classic children's favourite "Ants on a Log".
- Celery can be chopped and added to many sandwich fillings (egg salad, tuna salad) for extra crunch and flavour.
- Add chopped celery to soups, stews, and salads.

Broccoli Cheese Corn Muffins

- Reprinted from *Vegetable Cookbook* by Mary Beth Crain

- ½ cup buttermilk
- 2 large eggs
- 1/3 cup sour cream
- 10 ounces chopped broccoli, cooked, drained and cooled
- 1 medium yellow onion, chopped and sautéed
- ½ cup canned cream style corn
- 1 cup all-purpose flour
- 1 tbsp. baking powder
- 1 tsp. salt
- ½ cup light brown sugar
- 1 cup yellow cornmeal
- ½ cup butter, melted
- 1 cup shredded cheddar cheese

In a medium bowl, whisk together the buttermilk, eggs, sour cream, broccoli, onions, and cream-style corn.

In a large bowl, combine the dry ingredients.

Fold the buttermilk mixture into the dry mixture with a rubber spatula. When well blended, fold in the melted butter and the cheese.

Bake in a greased (or non-stick) muffin tin at 350°F until golden brown and a toothpick inserted into the center comes out clean – about 30 – 35 minutes. – Yield: 12 muffins

Tip: if muffin cups are filled more than ¾ full, there won't be enough room for the muffins to puff up and they'll end up with flat tops

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef Patties	\$ 5.95	\$ 8.00	\$ 6.60	\$ 7.04	\$ 6.50	\$ 5.00
1 kg Chicken Legs, Backs Attached	\$ 8.36	\$ 7.69	\$ 6.59	\$ 5.25	\$ 4.34	\$ 5.00
500 g Basa Fillets	\$ 8.25	\$ 6.45	\$ 8.99	\$ 6.59	\$ 2.97	\$ 4.00
1 kg Bananas	\$ 1.94	\$ 1.94	\$ 1.96	\$ 0.97	\$ 1.70	\$ 1.61
1 kg Red Delicious Apples	\$ 3.73	\$ 3.95	\$ 4.39	\$ 3.92	\$ 4.38	\$ 1.75
3 Kiwi Fruit	\$ 2.07	\$ 2.07	\$ 2.07	\$ 2.04	\$ 1.71	\$ 1.51
5 lb Russet Potatoes	\$ 3.99	\$ 3.99	\$ 3.98	\$ 4.40	\$ 2.97	\$ 1.72
1 bunch Broccoli	\$ 4.49	\$ 4.49	\$ 2.29	\$ 1.98	\$ 2.27	\$ 1.14
1 bunch Celery	\$ 1.99	\$ 2.24	\$ 1.79	\$ 1.58	\$ 1.27	\$ 1.51
1 bunch Green Onions	\$ 0.50	\$ 0.89	\$ 0.79	\$ 0.77	\$ 0.77	\$ 0.40
TOTAL	\$ 41.27	\$ 41.71	\$ 39.45	\$ 34.54	\$ 28.88	\$ 23.64