

Upcoming Events:

Deadline for your next food order: July 8, 2016

Next depot pick-up days: July 21 / 22, 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.

Fund Raising Bar-B-Ques

Spread the word. We will be selling hot dogs and hamburgers at TGP (The Grocery People) on the following dates. Come for lunch and support WECAN

July 14 and August 11, 2016

Open House / Fundraiser / Silent Auction

Date: October 14, 2016 Time: 7:00 p.m.

Location: WECAN Office



PO Box 34148
RPO Kingsway Mall
Edmonton AB T5G 3G4
Phone: 780-413-4525
Fax: 780-453-1239

Email: info@wecanfood.com

Website: www.wecanfood.com

Charitable Reg. #891381394RR00001

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



Your Depot:

Issue: 16-06

June, 2016

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN Annual General Meeting

WECAN's AGM was held successfully on May 27, 2016. All 22 attendees enjoyed a light breakfast before getting down to the business of electing a new Board of Directors and presenting long service awards to our valuable volunteers.

Paige Nelson, Eryn LaBelle, Stan Erickson, and Genevieve Jacques are stepping down from the board after many years of service. We thank them all for the time and talent they gave to WECAN and wish them well in the future.

New to our Board are Rob Hill, Paula McKinley, Darrell Penner, Connie Phillips and Jen Sherburne. Welcome. In combination with our returning board members, Carla Brenner, Sacha Deelstra, Keith Kasha, Michael Klaray and Meryle Michetti, they will comprise our Board of Directors for the coming year.

Congratulations go out to the recipients of the 5 and 10-year volunteer service awards: Apryl Barbeau, Robert Hopgood, Marcia Ferris, Patti Lamoreux, Chrissy Monro, Lynn Chalmers, Tracy Shannacappo, and Paige Nelson. Thank you for all your dedication and service to WECAN.

WECAN Fundraisers

The dates have been set for upcoming fundraising events for WECAN Food Basket. This year we are holding two BBQs at TGP – July 14 and August 11 – both over the lunch hour. We need volunteers for these events. If you can help, please call the office at 780-413-4525.

Also, we have set October 14th as the date for our Open House Fundraiser and Silent Auction. More information about this event will be in future newsletters as guest speakers and activities are set. However, we need items to include in the silent auction. Put on your "thinking caps" and if you have any contacts that may be able to make a donation to our cause, please let the office know. We will supply an "official" request letter to be used.

Meat Order Weights

Just as when shopping in your local meat market or grocery store, the weight of meat at WECAN varies a little from package to package. When meat is individually cut and wrapped it is impossible to get exactly 500g of ground beef or 1 kg of chicken thighs in each package. This is especially true when cutting and wrapping 658 orders in a short period of time. TGP's meat department does its best to be as accurate as possible in the time allotted to them to prepare our order. We thank you for your patience and understanding in this regard.

Cooking with Your WECAN Food Basket Menu

Chicken Thigh, Potatoes and Onion Bake

- Darcy Gehl, Bader Depot

- 1 package of 3-4 small chicken thighs
- 1 potato
- 1/2 onion
- 2 carrots
- Spices to taste

Small glass baking dish that will fit the chicken thighs when they are spread side by side.

Preheat oven to 350°F.

Using a string grater or julienne grater, shred the vegetables. Toss the vegetables with your choice of spices. I use rock salt and dill weed.

Place shredded vegetables in the baking dish. Arrange the thawed chicken on top of the vegetables so the juices will cook down over the vegetables.

Bake at 350°F for 40 minutes.

Quick Thousand Island Dressing

- Reprinted from *Salads* © Company's Coming Publishing

- | | | |
|------------------------|------------|--------|
| Mayonnaise | 1 1/4 cups | 275 mL |
| Chili sauce or ketchup | 1/2 cup | 125 mL |
| Sweet pickle relish | 1/4 cup | 50 mL |
| Dry onion flakes | 1 tsp. | 5 mL |

Combine all four ingredients in small bowl. Mix together well. Makes 2 cups.

Kids' Stuffed Spuds

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

- | | | |
|--------------------------------------|-------------|---------|
| Large potatoes, baked | 2 | 2 |
| Chopped onion | 3/4 cup | 175 mL |
| Margarine (or butter) | 1 tbsp. | 15 mL |
| Light salad dressing (or mayonnaise) | 1/2 cup | 125 mL |
| Prepared mustard | 1/2-1 tbsp. | 7-15 mL |
| Salt, sprinkle | | |
| Pepper, sprinkle | | |
| Sweet pickle relish | 1/4 cup | 60 mL |
| Wieners, chopped | 2 | 2 |
| Ketchup (optional) | | |

Cut potatoes in half lengthwise. Scoop out pulp into medium bowl, leaving shells 1/4 inch (6 mm) thick. Mash potato pulp.

Sauté onion in margarine in frying pan until golden.

Add salad dressing, mustard, salt and pepper to potato pulp. Mash well.

Stir in onion, relish and wieners. Stuff shells.

Squeeze zigzag line of ketchup across top. Arrange on ungreased baking sheet. Bake in 350°F (175°C) oven for 20 minutes until heated through. Makes 4 stuffed potatoes.



Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	WECAN
500 g Lean Ground Beef	\$ 4.90	\$ 6.99	\$ 4.84	\$ 4.99	\$ 7.22	\$ 5.00
1 kg Chicken Thighs	\$ 10.61	\$ 9.02	\$ 10.00	\$ 8.88	\$ 8.31	\$ 6.25
1 lb. Turkey Sausage	\$ 5.43	\$ 5.43	\$ 5.43	\$ 4.49	\$ 4.49	\$ 3.49
1 kg Bananas	\$ 1.74	\$ 1.72	\$ 1.74	\$ 1.70	\$ 1.70	\$ 1.61
Mini Watermelon	\$ 4.99	\$ 4.49	\$ 4.49	\$ 4.49	\$ 3.97	\$ 2.33
3 Kiwi	\$ 2.07	\$ 2.05	\$ 2.07	\$ 2.04	\$ 1.71	\$ 1.22
5 lb. Russet Potatoes	\$ 3.99	\$ 4.99	\$ 4.29	\$ 2.50	\$ 2.50	\$ 1.76
1 Long English Cucumber	\$ 1.29	\$ 1.29	\$ 1.29	\$ 1.68	\$ 0.97	\$ 1.23
1 Cello pack Lettuce	\$ 2.69	\$ 2.49	\$ 2.69	\$ 2.46	\$ 1.97	\$ 1.59
TOTAL	\$ 37.71	\$ 38.47	\$ 36.84	\$ 33.23	\$ 32.84	\$ 24.48