

Upcoming Events:

Deadline for your next food order: April 10, 2015

Next depot pick-up days: April 23 / 24, 2015

Annual General Meeting:

The Annual General Meeting of the WECAN Food Basket Society of Alberta has been scheduled for Friday, May 29, 2015 starting at 9:00 a.m. and will be held at our Strathcona Depot – the Edmonton Moravian Church (9540 83 Avenue).

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 Fax Number: Please note that our fax number has changed. It is now 780-453-1239



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



Your Depot:

Issue: 15-03
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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN Annual General Meeting

All members of WECAN Food Basket Society of Alberta are invited to attend our Annual General Meeting on Friday, May 29, 2015. The meeting will commence following breakfast and agenda items will include the Annual Report for fiscal 2014-2015 and election of board members. Please confirm your attendance with your Depot Coordinator.

Membership Drive

Membership in the WECAN Food Basket Society of Alberta is required for participation in our food program and for voting rights at our Annual General Meeting. Membership is \$5.00 and can be paid to your Depot Coordinator at the time of food pick-up. Memberships are valid from April 1, 2015 to March 31, 2016.

Food Finance

Making the Most of Your Food Dollars

Lesson 7: Leftovers:

What to do with leftovers is always a big question. Throwing food away equates to throwing money away. However, if leftovers can be used in nutritious meals and snacks it saves money.

Casseroles: Any leftover meat can be used to make a casserole for the next day. A simple version is to cook macaroni noodles, layer them in a casserole dish with the leftover meat and a few frozen vegetables, pour in some cream of mushroom or cream of chicken soup which has been diluted with ½ soup can of milk and top with cheese slices of your choice. Bake in a 375°F oven for 30 minutes until cheese bubbles and starts to brown. Serve with a salad.

Soups: Leftover meat and vegetables can easily become the basis of a delicious soup. Add them to prepared beef or chicken stock and season to taste with salt and pepper. Serve with fresh biscuits.

Sandwiches: Leftovers can also be used to prepare sandwiches for bag lunches. Think of using leftover chicken for chicken salad sandwiches, or sliced thin for a chicken version of the BLT. Of course, leftover roast beef can be used cold for sandwiches, or sliced and reheated for hot roast beef sandwiches.

Salads: This is another good way to use up those bits of leftovers in the refrigerator. Chicken Caesar Salad, or Beef Noodle Salad, or a nice Potato Salad to use up the potatoes from the Sunday dinner. The possibilities are endless.

Cooking With Your WECAN Food Basket Menu

Potato Bisque

- Reprinted with permission from *Fifty Nifty Years* by ATCO Blue Flame Kitchen

- 2¼ cups potatoes, cubed
- ½ cup cut up onions
- 2 sprigs parsley
- Celery tops
- 1½ tsp. salt
- 2¼ cups water
- 1½ tbsp. butter
- 1½ tbsp. flour
- 3 cups milk
- 1 egg

Add potatoes, onion, parsley celery tops and salt to water; cook until potatoes are tender. Drain potatoes, reserving liquid, press them through a sieve and combine with the liquid. Melt butter, add flour and mix to smooth paste. Add milk gradually and continue cooking until slightly thickened. Combine potato mixture with milk and heat thoroughly. Just before serving add slightly beaten egg and season with salt, pepper and paprika. Serve the grated cheese or minced parsley sprinkled on top. Makes 4 to 6 servings.

Cauliflower and Cheddar Cheese Soup

- Reprinted with permission from *100 Favourites* by the ATCO Blue Flame Kitchen

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|-----------------------|---------------------------|
| 2 tbsp. (25 mL) | butter |
| 1 cup (250 mL) | chopped onion |
| ¼ cup (50 mL) | flour |
| 2¼ cups (550 mL) | homo milk |
| 1½ cups (375 mL) | water |
| 1 can (10 oz./284 mL) | chicken broth |
| 4 cups (1 L) | small cauliflower florets |
| 1 tsp. (5 mL) | Dijon mustard |
| ½ tsp. (2 mL) | salt |
| ⅛ tsp. (0.5 mL) | nutmeg |
| 2 cups (500 mL) | shredded cheddar cheese |

Melt butter in a large saucepan over medium heat. Add onion and sauté until golden, about 10 minutes. Stir in flour and cook for 1 minute. Gradually stir in milk, water and broth. Bring to a boil, stirring constantly. Reduce heat and simmer, stirring frequently until slightly thickened, about 3 minutes. Stir in cauliflower, mustard, salt and nutmeg. Cover and simmer, stirring occasionally, until cauliflower is tender, about 10 minutes. Puree soup in small batches in a blender. Soup may be prepared to this point and refrigerated for up to 24 hours. Reheat over low heat to serving temperature. Gradually stir in cheese until melted. Serve immediately. Serves 4 – 6.

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$ 6.27	\$ 6.05	\$ 6.38	\$ 5.49	\$ 7.22	\$ 5.50
1 kg Chicken Legs / Backs Attached	\$ 8.36	\$ 5.49	\$ 7.25	\$ 5.03	\$ 4.34	\$ 4.39
500 g Pork Tenderloin	\$ 5.51	\$ 8.26	\$ 7.16	\$ 7.99	\$ 7.69	\$ 5.00
1 kg Bananas	\$ 1.75	\$ 1.75	\$ 1.77	\$ 1.53	\$ 1.53	\$ 1.61
1 kg Golden Delicious Apples	\$ 3.73	\$ 3.73	\$ 3.95	\$ 3.68	\$ 3.24	\$ 2.14
3 Kiwi Fruit	\$ 2.07	\$ 2.07	\$ 1.77	\$ 2.34	\$ 2.01	\$ 1.23
5 lb Russet Potatoes	\$ 2.50	\$ 3.99	\$ 3.49	\$ 3.85	\$ 2.97	\$ 1.63
1 Cauliflower	\$ 3.99	\$ 2.99	\$ 2.99	\$ 3.77	\$ 3.77	\$ 2.33
1 Field Cucumber	\$ 1.29	\$ 1.29	\$ 1.29	\$ 0.97	\$ 0.97	\$ 0.91
TOTAL	\$ 35.47	\$ 35.62	\$ 36.05	\$ 34.65	\$ 33.74	\$ 24.74