

## Upcoming Events:

**Deadline for your next food order: April 8, 2016**

**Next depot pick-up days: April 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.

### 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 31<sup>st</sup> 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 Memberships

The annual membership for WECAN is \$5.00 per family and is due by March 31<sup>st</sup> of each year. Membership in the WECAN Food Basket Society of Alberta allows members to order their monthly food basket for \$25 each month and entitles them to vote on resolutions presented at the Annual General meeting held at the end of May each year. Memberships can be purchased from Depot Coordinators or from the WECAN office. If you haven't already done so, purchase yours today.

## Spring Cleaning

It's that time of year again – time for Spring Cleaning. However, it doesn't have to leave a chemical smell behind, nor does it have to cost a lot to get the job done.

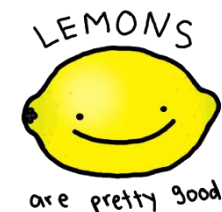
Enter the lowly lemon. Lemon juice is cheaper and performs just as effectively as high priced household products. And, it leaves behind a refreshing spring scent.

To clean laminate counters, plastic cutting boards and butcher block, cut a lemon in half and squeeze the juice on the counter or board. Work the juice over the stain and leave the juice on until the stain disappears. The citric acid in the lemon will remove the stain and will not harm the counter or board.

To remove stains from Tupperware or other plastic containers, squeeze lemon juice into the container and add a tablespoon of baking soda. If the stains are very bad, leave to soak overnight.

To bleach white clothes with lemon juice, mix ½ cup of lemon juice (or sliced lemons) with 4 cups of very hot water. Soak items for one hour, or overnight, then pour the mix into the washer with the clothes. Do not use on silk. This process works best on cotton or polyester. Best of all, it is impossible to over-bleach using lemon juice.

Lemon juice has no nasty fumes, will not harm septic systems and will not add packaging to landfills. If squeezing fresh lemons for the juice, the peels can be added to your compost.



## Cooking with Your WECAN Food Basket Menu

### Wild Rice Broccoli Casserole

- Reprinted from *Best of the Best and More - Best of Bridge Cookbooks* – Robert Rose Publishing

1 pkg. Uncle Ben's Wild Rice Mixture	6 oz.	170 g
Heads of broccoli, cut into florets	2	2
10 oz. (284 mL) cans mushroom soup	2	2
Grated cheddar cheese	2 cups	500 mL

Cook rice mixture as directed on package. Cook broccoli until crunchy (crispy-tender). Mix soup and 1½ cup (375 mL) cheese. Butter a casserole. Alternate soup mixture, broccoli and rice in layers. Sprinkle with remaining ½ cup (125 mL) cheese. Cook at 350°F (180°C) for 1 hour.

Serves 6.

### Beefy Mac and Cheese

- Reprinted from *Five Ingredient Slow Cooker Recipes*© Company's Coming Publishing Limited

Lean ground beef	1 lb.	454 g
Chopped onion	1 cup	250 mL
Cooked elbow macaroni (about 1 ¾ cups, 454 mL, uncooked)	4 cups	1 L
Tomato basil pasta sauce	3 cups	750 mL
Grated Cheddar cheese	2 cups	500 mL

Scramble-fry ground beef and onion in large greased frying pan on medium for about 10 minutes until beef is no longer pink. Sprinkle with salt and pepper. Transfer to greased 3 ½ to 4 quart (3.5 to 4 L) slow cooker.

Add remaining 3 ingredients and ½ cup (125 mL) water. Stir. Cook, covered, on low for 3 to 4 hours or on high for 1 ½ to 2 hours until heated through and cheese is melted. Makes about 8 cups (2 L).

### Ideas for Celery

- Fresh celery sticks, plain or filled with the cheese of your choice, or with peanut butter, make a good, healthy mid-day snack for children and adults alike.
- Chop a celery stalk and add it to canned tuna or salmon along with mayonnaise, a bit of salt and pepper (or your favourite fish seasoning) to make tuna or salmon salad sandwiches.
- Add chopped celery to stews and homemade soups for extra flavour.
- Or add chopped celery to stuffing for chicken or turkey.
- Lastly, add chopped celery to salads for added crunch and a flavour boost.

### Storing March's Produce

Store the bananas and potatoes at room temperature only.

The kiwifruit should be stored at room temperature until ripe, then in the refrigerator.

The broccoli, celery, oranges and the lemon, should all be stored in the refrigerator for maximum freshness and to avoid spoilage.

Be sure to wash all your produce before using to be food safe.

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$ 4.82	\$ 7.71	\$ 4.84	\$ 5.24	\$ 5.24	\$ 5.25
500 g Pork Tenderloin	\$ 8.70	\$ 4.67	\$ 8.70	\$ 9.64	\$ 9.64	\$ 6.00
1 pkg Chicken Sausage	\$ 3.99	\$ 5.00	\$ 4.99	\$ 4.49	\$ 4.49	\$ 3.99
1 kg Bananas	\$ 1.74	\$ 1.72	\$ 1.74	\$ 1.70	\$ 1.70	\$ 1.67
1 kg. Oranges	\$ 3.73	\$ 2.18	\$ 3.28	\$ 3.06	\$ 3.24	\$ 1.63
3 Kiwifruit	\$ 2.07	\$ 2.37	\$ 2.07	\$ 2.34	\$ 1.25	\$ 1.17
1 Lemon	\$ 0.99	\$ 0.89	\$ 0.99	\$ 0.87	\$ 0.67	\$ 0.39
5 lb. Russet Potatoes	\$ 2.99	\$ 3.99	\$ 2.99	\$ 2.24	\$ 2.97	\$ 2.06
1 bunch Broccoli	\$ 2.49	\$ 1.99	\$ 1.99	\$ 2.47	\$ 2.97	\$ 1.26
1 Celery	\$ 1.49	\$ 1.49	\$ 1.49	\$ 1.48	\$ 1.97	\$ 1.68
<b>TOTAL</b>	<b>\$ 33.01</b>	<b>\$ 32.01</b>	<b>\$ 33.08</b>	<b>\$ 33.53</b>	<b>\$ 34.14</b>	<b>\$ 25.10</b>