

## Upcoming Events:

**Deadline for your next food order: June 5, 2015**

**Next depot pick-up days: June 18 / 19, 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). Everyone is welcome to attend, but only those with current WECAN memberships may vote.

Please confirm your attendance by phoning or emailing our office. Ph: 780-413-4525 email: [info@wecanfood.com](mailto:info@wecanfood.com)

#### Lady Flower Garden Schedule

BBQ: June 13

Weed/Harvest: July 15

Weed/Harvest: August 19

Weed/Harvest: September 16

#### Chalmers-Castle Downs United Church

**2015 Plant Sale**

123A Street & 132 Avenue

May 20 – 23, 2015



**WECAN**  
Food Basket  
Society

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



**Your Depot:**

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May, 2015

## FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

### Farm Fresh Produce from Lady Flower Garden

WECAN has entered into a partnership with Lady Flower Garden to grow and harvest fresh produce for use by the Edmonton Food Bank and our members. Kelly, from Lady Flower Garden, has planted a sizable garden in northeast Edmonton and needs help with weeding and harvesting. In return for weeding for ½ hour with supplied hoes and harvesting a bin of vegetables for the food bank, WECAN can harvest a similar sized bin of vegetables for the participating depot to distribute to their members.

WECAN has been penciled in for the Wednesdays preceding depot days in July, August and September. We have also tentatively organized a BBQ at the farm on June 13 to show interested members around the farm. **If you are interested, please contact Zuzana at the WECAN Office for more information and to indicate your interest in participating in this project.**

### The WECAN Story

As a community based and community driven organization, WECAN's purpose is to provide food security to members through a program of prepaid food purchases. All of our distribution depots are located in communities and agencies where the need for food security has been identified by community members and supporting organizations or agencies.

All depots are overseen by Coordinators and supported by volunteers who help with the recording of monthly orders and the sorting and distribution of the food baskets on depot day.

Members order and pay for their food basket by the first Friday of each month. Depot Coordinators send the total order numbers, broken down between meat and produce, for their depot to the WECAN office where they are translated into case lots and the order is placed with The Grocery People Warehouse Market.

On the third Thursday (in some cases Friday) of the month, case lots of food are distributed by volunteer drivers to the WECAN depots where everything is sorted by depot volunteers and organized for pick-up by the members who have ordered from that depot.

No part of our program would be possible without the dedicated volunteers who participate whole-heartedly in the program. Coordinators, drivers and depot volunteers all contribute to the success of the WECAN program.

Food security is a growing concern throughout Canada and WECAN is proud to be at the forefront of a movement to alleviate hunger in the greater Edmonton area.

## Cooking With Your WECAN Food Basket Menu

### Chili Con Carne Soup

- Reprinted with permission from *Everyday Delicious 2008* by the ATCO Blue Flame Kitchen

- 1 tbsp. (15 mL) oil
- 1 lb. (0.5 kg) lean ground beef
- 1 cup (250 mL) chopped onion
- 2 cloves garlic, finely chopped
- 1 tbsp. (15 mL) chili powder
- 1/8 tsp (0.5 mL) red pepper flakes
- 4 cups (1 L) canned beef broth
- 1 can (28 oz./796 mL) diced tomatoes
- 1 can (19 oz./540 mL) kidney beans, rinsed and drained
- ¼ cup (50 mL) unsweetened cocoa powder
- ½ tsp. (2 mL) salt
- Light sour cream
- Shredded cheddar cheese

Heat oil in a Dutch oven over medium heat. Add beef, onion and garlic. Cook, stirring to break up beef, until browned, about 7 – 10 minutes. Drain off excess fat. Add chili powder and red pepper flakes; cook, stirring, for 1 minute. Stir in broth, tomatoes, beans, cocoa, and salt. Bring to a boil. Reduce heat and simmer covered, stirring occasionally, for 45 minutes. Serve topped with sour cream and cheese.

Serves 4-6

### Grilled Potato Wedges

- Reprinted from *Choosing Sides* © Company's Coming Publishing Limited

- |                       |        |        |
|-----------------------|--------|--------|
| All-purpose flour     | ½ cup  | 125 mL |
| Find dry bread crumbs | ½ cup  | 125 mL |
| Garlic powder         | 1 tsp. | 5 mL   |
| Seasoned salt         | 1 tsp. | 5 mL   |
| Pepper                | ½ tsp. | 2 mL   |

- |  |   |   |
|--|---|---|
| Large eggs   | 2 | 2 |
| Medium unpeeled baking potatoes,<br>cut lengthwise into ½ inch (12 mm) wedges. | 4 | 4 |

Cooking spray

Combine first 5 ingredients in large resealable freezer bag.

Whisk eggs in large bowl. Add potato. Toss until coated. Transfer half of potato to flour mixture. Toss until coated. Shake off excess flour mixture. Place, skin-side down, on large baking sheet. Repeat with remaining potato.

Spray potato with cooking spray. Preheat gas barbecue to medium. Arrange wedges on their sides on greased grill. Close lid. Cook for about 12 minutes per side until browned and tender. Serves 8.

**Baked Potato Wedges:** Place coated wedges, skin-side down, on greased baking sheet with sides. Bake in 450°F (230°C) oven for about 30 minutes until tender

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$ 6.60	\$ 6.05	\$ 5.50	\$ 5.64	\$ 6.50	\$ 5.00
1 kg Chicken Thighs	\$ 9.46	\$ 9.46	\$ 8.36	\$ 8.66	\$ 7.65	\$ 6.39
1 lb. Turkey Sausage	\$ 5.19	\$ 5.00	\$ 4.99	\$ 3.48	\$ 5.00	\$ 3.59
1 kg Bananas	\$ 1.94	\$ 1.94	\$ 1.96	\$ 1.70	\$ 1.70	\$ 1.95
1 kg Red Delicious Apples	\$ 3.73	\$ 4.39	\$ 4.39	\$ 4.14	\$ 4.14	\$ 1.73
3 Kiwi fruit	\$ 2.07	\$ 2.07	\$ 1.77	\$ 2.34	\$ 1.71	\$ 1.35
5 lb Russet Potatoes	\$ 3.99	\$ 3.99	\$ 4.99	\$ 4.97	\$ 2.97	\$ 1.71
2 lb. carrots	\$ 1.99	\$ 1.98	\$ 2.29	\$ 1.97	\$ 2.47	\$ 1.41
1 Long English Cucumber	\$ 1.99	\$ 0.99	\$ 1.49	\$ 0.99	\$ 1.27	\$ 1.03
1 bunch Green Onion	\$ 0.99	\$ 0.99	\$ 0.89	\$ 0.77	\$ 0.77	\$ 0.40
<b>TOTAL</b>	<b>\$ 37.95</b>	<b>\$ 36.86</b>	<b>\$ 36.63</b>	<b>\$ 34.66</b>	<b>\$ 34.18</b>	<b>\$ 24.56</b>