

Upcoming Events:

Deadline for your next food order: June 3, 2016

Next depot pick-up days: June 16 / 17, 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

Date: Friday, May 27, 2016

Place: Edmonton Moravian Church

9540 – 83 Avenue, Edmonton

Time: 9:30 a.m. – 11:00 a.m.

Annual Memberships

The WECAN annual membership is \$5.00 per family. Purchase your membership now from your Depot Coordinator.



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: 16-05
May, 2016

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN Annual General Meeting

The AGM will be held on Friday, May 27, 2016 at the Edmonton Moravian Church (9540 – 83 Avenue) starting at 9:30 a.m. A light breakfast will be served at the beginning of the meeting.

Everyone is invited to attend and encouraged to participate.

Three New Depots Open in May

The month of May is extra ordinary for WECAN as we have not one, not two, but three new depots starting this month.

The first one we are calling **Bannerman** and is located in the north east side of town at Bethel Community Church, 14204 25 Street. This will be a Friday depot and we are excited to have a depot back in that area of town. With the help of many people including Rick, Grace, Ken, Helen, Val, Wendy and Ryan, Bethel Church is excited to partner with WECAN. Prayers have been asked that God will bless both Bannerman and Bethel in this joint endeavor and that they will flourish.

The second and third new depots are both towns.

First, the town of **Bon Accord**. In reading up on their history I was fascinated by the name. Scottish ancestry is reflected as the name means "happy to meet, sorry to part, happy to meet again". Bon Accord's Library will host the depot and, again, a strong group of community volunteers from both local churches and the library worked hard to bring this program to their community. Welcome.

Next is the town of **Gibbons**, a vibrant community located along the banks of the Sturgeon River. William Gibbons and family settled the town and another fascinating story. William, his wife, and 3 boys left Orillia, Ontario, packed belongings in a box car and came west. Gibbons and fellow passengers assisted the railroad crew in laying the last rails and ties to reach Edmonton! Thank you Loraine for taking this on as the depot will be located in the Bon Accord/Gibbons Food Bank in the town of Gibbons.

These two towns becoming depots would not have been possible without the help of Amy Dribnenky of Sunflower Community Resource Program. Amy has worked incredibly hard to bring WECAN to these communities and I understand Morinville will also start in June. Amy, thank you so much and I truly appreciate the work you have done to achieve this. Outstanding!

-Submitted by Suzanne Rigbsy

Cooking with Your WECAN Food Basket Menu

Super Sausage Rolls

- Tenderflake

- All-purpose flour for dusting
- 1 pkg. Tenderflake puff pastry
- ¼ cup Spicy mustard
- 18 fully cooked sausages (each about 5 inches long)
- 1 egg yolk
- 1 tbsp. water
- 1 tbsp. each poppy seeds, sesame seeds, coarse salt

Preheat oven to 400°F (200°C) and line a baking sheet with parchment. Set aside.

Lightly flour work surface, roll each pastry sheet out to 12-inch square, then cut into 4-inch squares. Lightly brush lower half of each square with mustard. Center a sausage on mustard-coated edge. Roll sausages in pastry, pressing seams to tightly seal.

Whisk egg yolk with water in a small bowl. Brush tops of each roll with egg, then sprinkle with poppy seeds, sesame seeds and flaky salt. Cut each at an angle into thirds (if desired). Freeze, uncovered, on a parchment-lined baking sheet until firm, about 15 minutes.

Place rolls 1 inch apart on prepared baking sheets. Bake until pastry is puffed and golden brown, about 35-40 minutes.

Pork Chop Dinner

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

Cooking oil	1 tbsp.	15 mL
Pork chops (about 1 ½ lbs., 680 g) trimmed of fat	4	4
Sliced fresh white mushrooms	3 cups	750 mL
Baby potatoes (about 1 ¼ lbs., 560 g)	20	20
Light sour cream	1 1/3 cups	325 mL
Dill weed	1 ½ tsp.	7 mL
Seasoned salt	½ tsp.	2 mL

Heat cooking oil in large deep, or electric, frying pan on medium-high. Add chops. Cook for about 2 minutes per side until browned.

Sprinkle with mushrooms. Arrange potatoes around edge of pan. Reduce heat to medium-low. Cover. Cook for about 30 minutes until potatoes are tender.

Combine sour cream, dill weed, and seasoned salt in small bowl. Pour over chops and potatoes. Turn chops. Stir sour cream mixture until combined. Cover. Heat for about 5 minutes until heated through.

Serves 4.

Easiest Hamburgers

- Paige Nelson

- 1 egg
- 1 envelope dried onion soup mix.
- 1 lb (500 g) lean ground beef

Mix egg and onion soup mix in a large bowl. Add ground beef and combine thoroughly. Form mixture into 5 of 6 patties. Grill on the barbecue, or broil in the oven, ensuring meat is well-done.

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart
500 g Lean Ground Beef	\$ 4.84	\$ 6.99	\$ 4.84	\$ 6.61	\$ 5.78
454 g Turkey Sausage	\$ 5.49	\$ 5.00	\$ 5.49	\$ 4.49	\$ 5.00
700 g Boneless Loin Chops	\$ 11.25	\$ 11.56	\$ 9.25	\$ 9.79	\$ 9.50
1 kg Bananas	\$ 1.74	\$ 1.72	\$ 1.74	\$ 1.70	\$ 1.70
4 Naval oranges	\$ 3.28	\$ 3.28	\$ 3.28	\$ 3.27	\$ 2.80
5 Gala Apples	\$ 4.39	\$ 4.17	\$ 4.39	\$ 4.34	\$ 4.34
1 lb. Carrots	\$ 2.49	\$ 1.99	\$ 2.49	\$ 1.94	\$ 2.09
1 bunch Celery	\$ 1.99	\$ 3.38	\$ 1.99	\$ 1.78	\$ 1.47
5 lb. Russet Potatoes	\$ 3.99	\$ 3.49	\$ 3.99	\$ 3.98	\$ 2.97
TOTAL	\$ 39.46	\$ 41.58	\$ 37.46	\$ 37.90	\$ 35.65