

# The WECAN Food Basket Society News



October 2014

## WECAN News

### Volunteer Appreciation:

Once again, it is time to show just how much we value and appreciate our dedicated volunteers. It's time again for "**Christmas in November**", our annual volunteer appreciation event.

This year, the date to remember is Friday, November 28th, and the location is our Strathcona Depot at the Edmonton Moravian Church (9540 83 Avenue). Festivities get underway at 11:00 a.m. and last until about 1:00 p.m.

All depot volunteers, coordinators, and drivers are cordially invited to join us in this celebration of your efforts. Please let your depot coordinator know if you are attending this event.

### WECAN New Office Space:

Unfortunately, the renovations at our new office space have been delayed once again. We are now looking at a December (or maybe January) opening date. Stay tuned for the big announcement.

### 2015 Calendars:

WECAN Calendars for 2015 are now available from your depot coordinator. Please note that the payment due dates and depot days in January, April, May, and October have been adjusted to one week later than usual to accommodate statutory holidays.

**WECAN Phone:** Merlyn has been working from home, but is moving to a new house during the last week of October. Therefore, our phone may not be answered as quickly as usual. Thank you for your patience, everything will be back to normal soon.

## Food Finance Making the Most of Your Food Dollars

### Lesson 3: Avoiding Food Waste

When any food is discarded, that food has a significant impact on your food budget. Any food item that can be used up by serving as the base for another meal or by being added to fresh ingredients in another meal, stretches your food dollars.

Most vegetables, once cooked, can be saved in the refrigerator for a short time or in the freezer for longer periods and then added to a soup or casserole.

Leftover meat, as well as any bones, also makes a great soup base. Think about making chicken soup by starting with the carcass of a roast chicken, or save the bones from several chicken legs with backs attached and combine them all for making your stock. Beef bones can easily be saved in the freezer until there are enough to make beef stock.

The next time you make beef stew think about adding a little water or commercial beef broth to the leftover portion of the stew for the beginnings of a great beef vegetable soup.

Don't throw out those slightly discolored bananas—put them in the freezer. Take them out, thaw, and use to make banana bread, banana muffins, or banana cake at a later date. The banana skins will turn black in the freezer, but the flesh will remain nice for that cake or those muffins.

Even portions of some fresh vegetables often get thrown away rather than eaten—broccoli stems come to mind. To use the entire broccoli, not just the florets, trim the stems and remove the tough outer layer. Cut the inner portion of the stem into slices and use in casseroles and soups, or shred (like carrots) to use in your next coleslaw.

Left over meat (steak, chicken, pork) can be used in a stir-fry. Just add the sliced meat to the vegetables near the end of the cooking period. Used in a stir-fry, a little meat goes a long way.

Lastly, planning for leftovers when making a weekly menu and shopping list, greatly reduces the amount of food that will get tossed out in the trash. This benefits not only your food budget, but the environment as well.

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian Superstore	Walmart	WECAN Food Basket Society
500 g Lean Ground Beef	\$4.88	\$5.49	\$6.22	\$5.42	\$6.25	<b>\$4.50</b>
1.5 kg Chicken Legs / back att.	\$12.54	\$11.00	\$9.92	\$8.22	\$6.50	<b>\$6.58</b>
Mennonite Sausage	\$7.98	\$6.99	\$6.97	\$6.00	\$6.47	<b>\$2.99</b>
1 kg Bananas	\$1.94	\$1.94	\$1.74	\$1.70	\$1.70	<b>\$1.50</b>
1 kg Royal Gala Apples	\$4.39	\$4.39	\$2.84	\$2.93	\$4.12	<b>\$1.87</b>
4 Bartlett Pears	\$3.98	\$3.98	\$2.98	\$3.94	\$2.54	<b>\$1.92</b>
1 bunch Broccoli	\$1.99	\$1.9	\$2.49	\$2.17	\$2.17	<b>\$1.41</b>
1 Long English Cucumber	\$1.99	\$1.47	\$1.49	\$1.48	\$1.97	<b>\$1.41</b>
5 lb bag Potatoes	\$3.99	\$3.99	\$3.49	\$3.85	\$2.47	<b>\$1.75</b>
<b>TOTAL</b>	<b>\$43.59</b>	<b>\$41.24</b>	<b>\$38.14</b>	<b>\$35.53</b>	<b>\$34.19</b>	<b>\$23.93</b>

Some prices may reflect a sale, or a similar item, and are not the ongoing prices of this item. Some prices may be bulk prices.

# "Cooking With Your WECAN Food Basket" Menu

## Slow Cooker Potato Soup

- Debra Savage, Bader Depot

10 potatoes—peeled and diced  
1 onion—peeled and diced  
1 carrot—peeled and diced  
4 cubes or 4 tsp. chicken bouillon  
5 cups water  
Salt and pepper to taste  
Parsley flakes  
1 can evaporated milk

Place all ingredients, except milk, in slow cooker. Cook on low for 10-12 hours. Add milk during the last hour.

Option: Add cubed ham or other meat.

## Ruth's Baking Powder Biscuits

- Ruth Prochnau, Strachcona Depot

2 cups Flour  
4 tsp baking powder  
1 tbsp. sugar  
½ tsp salt  
½ cup margarine or butter  
¾ cup milk  
1 egg

In mixing bowl, combine flour, baking powder, sugar and salt. With a pastry blender, cut margarine or butter into dry ingredients until the consistency of coarse crumbs.

Combine the milk and egg; add gradually to the blended mixture to form a soft dough. Knead until well mixed. Wrap in plastic wrap—chill for 1-3 hours.

Turn dough out onto floured surface. Roll out to ¾ inch thick. Cut circles with a floured cookie cutter (do not twist cutter; push straight down).

Place on ungreased cookie sheet. Bake at 450°F for 10-12 minutes.

### Variations:

Herb biscuits: add 2 tbsp mixed herbs (parsley, basil, oregano, etc.) to dough

Cheese biscuits: add ½ to 1 cup shredded cheddar cheese and a sprinkle of cayenne pepper. Omit sugar

**Note:** This recipe was published in our 2011 anniversary calendar and is re-published this month in response to a request made by one of our members.

If you have a special request for a recipe, please let your coordinator know and we will do our best to accommodate you.

### For More Information About WECAN Food Basket

Visit our **Website:** [www.wecanfood.com](http://www.wecanfood.com)

Follow us on **Twitter:** @wecanfoodbasket

Like us on **Facebook:** Wecan Food Basket Society of Alberta

Or **Email** us: [info@wecanfood.com](mailto:info@wecanfood.com)

## Creamy Broccoli and Cheddar Soup

- Bridget Lancaster—"Cooks Illustrated"

3 tbsp. unsalted butter  
1 large onion, chopped  
2 garlic cloves, chopped  
1½ lbs broccoli, florets cut into ½ inch pieces, stalks peeled and cut into ½ inch pieces  
4 cups chicken broth  
1 cup heavy cream  
¼ tsp ground nutmeg  
12 ounces mild cheddar cheese, shredded (3 cups), plus extra for serving

Salt  
Cayenne pepper

Melt butter in Dutch oven over medium heat. Add onion and cook until softened, about 5 minutes. Add garlic and cook until fragrant, about 30 seconds. Add broccoli stalks and cook until bright green and just beginning to soften, about 5 minutes. Stir in broth, increase heat to medium-high, and simmer until stalks are tender, about 5 minutes. Add cream, nutmeg, and florets and simmer until florets are tender, about 5 minutes.

Working in batches, process soup in blender until smooth, 1 to 2 minutes. Return soup to pot and bring to simmer over medium heat. Stir in cheddar until melted and season with salt and cayenne to taste. Serve, passing extras cheddar separately. (Soup can be refrigerated for up to 3 days. Re-heat over medium heat until hot, but do not boil or cheese will separate.

## Easy Meatball Soup

- Reprinted from *Soups & Sandwiches* © Company's Coming Publishing

### Meatballs:

Lean ground beef	1 lb.	450 g
Dry bread crumbs	1/3 cup	75 mL
Milk or water	1/3 cup	75 mL
Onion flakes, crushed	2 tsp.	10 mL
Worcestershire sauce	1 tsp.	5 mL
Salt	2 tsp.	10 mL
Pepper	1/4 tsp.	1 mL
Garlic salt	1/2 tsp.	2 mL

### Soup:

Beef Stock	6 cups	1.5 L
Tomato juice	2 cups	500 mL
Small pasta	1/2 cup	125 mL
Salt	1/8 tsp.	0.5 mL
Pepper	1/2 tsp.	2 mL
Ground nutmeg	1/8 tsp	0.5 mL

**Meatballs:** Mix all ingredients together well. Shape into ¾ inch (2 cm) balls (or smaller). Makes about 2 dozen. Set aside.

**Soup:** Put all ingredients into large saucepan. Bring to a boil. Add meatballs. Return to boil. Cover and simmer slowly for about 7 minutes until pasta and meatballs are cooked. Makes about 10 cups (2.5 L).

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



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**Don't Forget!** The deadline for your next Food Order is **November 7**. You can submit your next payment when you pick up your October food basket to make sure you get an order next month.

**Thank you from the WECAN Food Basket!**

**Your Depot:**

**Next Fees Deadline: Nov. 7, 2014**  
**Next Pick-up Days: Nov. 20 / 21**