

The WECAN Food Basket Society News



September 2014

WECAN News

WECAN Has Moved:

WECAN Food Basket Society moved out of St. Brenden's School on Wednesday, August 20th. As our new office space is not quite ready for us, Christine and Merlyn will be handling our day-to-day affairs remotely from their homes for the next couple of months. Our phone number, email address and website remain the same; however, we will only be able to return your calls, so leave us a message on our voice mail. **The easiest and most reliable way to stay in contact with us is via email. Our mailing address is now PO Box 34148, RPO Kingsway Mall, Edmonton, AB, T5G 3G4.** Thank you for your patience through this transition period.

And the Winners Are:

Through the months of March and April, WECAN had their Annual Membership Drive. Thank you to everyone who entered our Membership Contest.

Two prizes of a free meat order were available to be won. One prize would be given to a new member and one prize would be given to an existing member who brought in a new member.

The winners' names have been drawn. **Alesha Slasynski** from the Strathcona Depot is the lucky winner in the new member category. **Audrey Lee** is the winner in the existing member category.

Congratulations to our two winners. Gift certificates for the meat orders will be delivered to the winners and they can redeem them at their respective depots.

Food Finance

Making the Most of Your Food Dollars

Lesson 2: Planning to Save on Food Purchases

Now that we know how to compare prices, how can we use this information to save money on food purchases?

1. Plan menus in advance. Before going shopping, check to see what items you already have in your pantry. Use these items to help plan menus for your family for the next week, taking into account all family activities that may limit cooking times.
2. Plan to use sale items in your meals. Check supermarket flyers and/or online advertising for weekly specials. Compare prices carefully to ensure you are getting the best deal possible.
3. Plan to reduce waste. Plan meals that appeal to the tastes of your family. Serving food that everyone will enjoy will reduce the amount of food that gets thrown out because it is not eaten. If left-overs cannot be eaten in a timely fashion, they are likely to be put out with the garbage, effectively increasing the cost of the food that is

consumed by the family.

4. Plan for leftovers. If your budget allows, cook extra for a meal one day and use the left-overs for a quick meal, or the basis of a meal, the second day. For example, if you have a roast chicken on Sunday, then you could have chicken salad sandwiches for lunches on Monday and still cook the chicken bones into stock for soup. Or, left-over roast beef can be used for roast beef sandwiches in bag lunches, or for a beef casserole.
5. Plan to use a shopping list. After planning your menus, checking your pantry, checking the supermarket advertised specials and thinking about how you may use any leftovers, make a shopping list. Following a list will discourage impulse buying and can significantly decrease the amount spent at the grocery store.

How do you manage your food budget successfully? Let us know. Send us your tips for better food buying so that we can share them with all our members.

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian Superstore	Walmart	WECAN Food Basket Society
500 g Lean Ground Beef	\$5.72	\$4.40	\$5.50	\$4.94	\$6.25	\$4.00
900 g Boneless Pork Chops	\$7.92	\$13.47	\$10.89	\$11.86	\$11.32	\$7.00
1 lb Basa Fillets	\$5.40	\$6.76	\$4.50	\$4.52	\$4.00	\$3.99
1 kg Bananas	\$1.94	\$1.94	\$1.94	\$1.70	\$1.70	\$1.50
1 kg Royal Gala Apples	\$4.39	\$3.28	\$3.95	\$3.90	\$4.12	\$1.99
1 kg Italian Prune Plums	\$3.76	\$3.28	\$3.28	\$3.28	\$3.24	\$1.86
2 lb bag Carrots	\$1.69	\$1.69	\$1.69	\$1.97	\$1.97	\$1.01
Romaine Lettuce	\$1.69	\$1.69	\$1.49	\$1.27	\$2.47	\$1.37
5 lb bag Potatoes	\$3.99	\$3.99	\$3.99	\$3.85	\$3.77	\$1.87
1 bunch Green Onions	\$0.79	\$0.79	\$0.79	\$0.57	\$0.67	\$0.36
TOTAL	\$37.29	\$41.29	\$38.02	\$37.86	\$39.51	\$24.86

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

Cheesy Potato Skins

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

Cooking Oil	1 tsp.	5 mL
Unpeeled medium potatoes	4	4
Grated light sharp Cheddar cheese	1 cup	250 mL
Chopped chives (or green onion tops)	1 tbsp.	15 mL
Sour cream	½ cup	125 mL
Salsa	½ cup	125 mL

Rub few drops of cooking oil over surface of each potato. Set potatoes on oven rack. Bake in 425°F (220°C) oven for about 40 minutes until tender. Cool.

Cut each potato in half lengthwise. Remove pulp, leaving skins ¼ inch (6 mm) thick. Cut each half into 4 wedges. Spray each wedge on the skin side with no-stick cooking spray (or brush with cooking oil). Arrange, skin side down, on greased baking sheet. Sprinkle with cheese and chives. Bake in 425°F (220°C) oven for 10 to 13 minutes until cheese is melted and heated through.

Serve with sour cream and salsa for dipping. Makes 32 potato skins.

Porcupine Meatball Stew

- Reprinted from *Stews, Chilies, & Chowders* © Company's Coming Publishing

Extra lean ground beef	1 lb	454 g
Finely chopped onion	¼ cup	60 mL
Garlic clove, minced (or ¼ tsp., 1 mL powder)	1	1
Large egg	1	1
Fine dry bread crumbs	1/3 cup	75 mL
Seasoned salt	1 tsp.	5 mL
Pepper	1/8 tsp	0.5 mL
Long grain white rice, uncooked	¼ cup	60 mL
Small onion, cut into wedges	1	1
Sliced carrot	2¼ cups	550 mL
Medium potatoes, cut into chunks	2	2
Diced green pepper	½ cup	125 mL
Can of stewed tomatoes, with juice	14 oz.	398 mL
Water	½ cup	125 mL
Beef bouillon powder	1 tsp	5 mL

Combine first 8 ingredients in medium bowl. Divide and shape into 12 meatballs. Arrange in single layer in bottom of ungreased 2 quart (2L) casserole.

Layer next 4 ingredients, in order given, over meatballs.

Heat tomatoes with juice, water and bouillon powder in small saucepan until boiling. Pour over vegetables. Cover. Bake in 325°F (160°C) oven for 2 hours. Makes 6 cups (1.5 L).

For More Information About WECAN Food Basket

Visit our **Website:** www.wecanfood.com
 Follow us on **Twitter:** @wecanfoodbasket
 Like us on **Facebook:** Wecan Food Basket Society of Alberta
 Or **Email** us: info@wecanfood.com

What do you do with the potato pulp? You make:

Potato Biscuits

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

All-purpose flour	1 3/4 cups	425 mL
Baking powder	1 tbsp.	15 mL
Granulated sugar	2 tsp.	10 mL
Salt	3/4 tsp.	4 mL
Hard margarine (or butter)	¼ cup	60 mL
Mashed potatoes	3/4 cup	175 mL
Milk	½ cup	125 mL

Stir flour, baking powder, sugar and salt in large bowl. Cut in margarine until crumbly. Make a well.

Mix potato and milk in medium bowl until smooth. Pour into well. Mix to form soft ball. Turn out and knead 8 to 10 times on lightly floured surface. Pat or roll 3/4 inch (2 cm) thick. Cut into circles with 2 inch (5 cm) cookie cutter. Arrange on greased baking sheet. Bake in 425°F (220°C) oven for 13 to 15 minutes until risen and golden brown. Makes 16 biscuits.

Basa Bisque

- Reprinted from *Catch of the Day* © Company's Coming Publishing

Cooking oil	1 tsp	5 mL
Chopped onion	1 cup	250 mL
Chopped celery	½ cup	125 mL
Garlic cloves, minced (or ½ tsp., 2 mL, powder)	2	2
Water	2 ½ cups	625 mL
Chopped peeled potatoes	2 cups	500 mL
Can of cut yellow wax beans (with liquid)	14 oz.	398 mL
Chopped carrot	1 cup	250 mL
Frozen kernel corn	½ cup	125 mL
Bay leaf	1	1
Can of evaporated milk	13 ½ oz.	385 mL
Milk	1 cup	250 mL
All-purpose flour	¼ cup	60 mL
Salt	1 ½ tsp	7 mL
Pepper	½ tsp.	2 mL
Ground nutmeg	1/8 tsp	0.5 mL
Basa Fillets, any small bones removed, cut into 1 inch (2.5 cm) pieces	1 lb	454 g

Heat cooking oil in Dutch oven on medium. Add next 3 ingredients. Cook for 5 to 10 minutes, stirring often, until onion is softened.

Add next 6 ingredients. Stir. Bring to a boil. Reduce heat to medium-low. Simmer, covered, for about 20 minutes, stirring occasionally, until vegetables are soft.

Whisk next 6 ingredients in small bowl until smooth. Add to vegetables. Stir well on medium until boiling and thickened slightly. Add fish. Simmer for 5 minutes, stirring occasionally, to blend flavours. Remove and discard bay leaf. Carefully process, in three batches, in blender. Makes about 9 ¼ cups (2.3 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 October 10. You can submit your next payment when you pick up your September food basket to make sure you get an order next month.

Thank you from the WECAN Food Basket!

Your Depot:

Next Fees Deadline: Oct. 10, 2014
Next Pick-up Days: Oct. 23 / 24