

## Upcoming Events:

**Deadline for your next food order: October 9, 2015**

**Next depot pick-up days: October 22 / 23, 2015**

### 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.

**2016 Casino Dates:** (Watch the Newsletter for updates)

Friday, February 12, 2016

Saturday, February 13, 2016

### Volunteer Appreciation Event

Friday, November 27<sup>th</sup>, 11:00 a.m. to 1:30 p.m.  
Edmonton Moravian Church

# Thank You



PO Box 34148  
RPO Kingsway Mall  
Edmonton AB T5G 3G4  
Phone: 780-413-4525  
Fax: 780-453-1239

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

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

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



**Your Depot:**

Issue: 15-09  
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# FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

## In the News

There have been many changes at WECAN since our last newsletter. As usual, we like to keep our members up to date with all the latest information.

We were sorry to see **David Prodan**, our City Centre Depot Coordinator, move on to work for Lorne Dach, the MLA for Edmonton-McLung. Our loss is definitely Mr. Dach's gain. Thank you David for your years of service with WECAN. The new Coordinator for City Centre is **Sacha Deelstra**. Welcome Sacha.

Also in August, we said goodbye to our Program Coordinator, Zuzana Schmidtova. Again, we wish to thank Zuzana for her efforts on our behalf and wish her well in her future endeavors. Until this position is filled permanently, Christine McVea is back doing her old job. Thank you Christine.

There have been depot changes as well. Our Terwilliger Depot is now **Terwilliger/Riverbend** and has moved the Riverbend United Church. This new location will allow them to grow and to better serve the community, particularly with easier member access to the church location.

As announced in last month's newsletter, our **Casino** dates have been allocated. Our next casino is on Friday and Saturday, February 12 and 13, 2016 at Century Casino. If you are interested in volunteering to work at this event, which is our major fundraiser, please contact Merlyn in our office at 780-413-4525.

And last, but not least, we will be holding our **Annual Volunteer Appreciation** on Friday, November 27, 2015 at our Strathcona Depot. This event is WECAN's way of saying a big thank-you to all the drivers, coordinators, and volunteers at every depot who make it all possible for the rest of our members to receive their food baskets each and every month. So, volunteers – mark your calendars and plan to attend. More details will be available as we continue to plan and organize this event.

## Lady Flower Garden

We wish to extend a big thank-you to Kelly at Lady Flower Garden for her efforts and cooperation in our "joint venture" this past growing season. Our two participating depots reaped many rewards from their hard work in the garden while also helping others by harvesting food for donation to the Food Bank and to Mustard Seed.

And, of course, the corn in August was an awesome addition to all our depots. Thank you Kelly.

## Cooking With Your WECAN Food Basket Menu

### Chicken Broccoli Divan

- Verna Isaac, High Prairie

- 1 lb fresh broccoli, cut into spears (or 1 pkg. frozen broccoli spears) cooked and drained
- 1 ½ cups cubed, cooked chicken (or turkey)
- 1 can broccoli cheese soup
- 1/3 cup milk
- ½ cup shredded cheddar cheese
- 2 Tbsp. dry bread crumbs
- 1 Tbsp. butter, melted

Arrange broccoli and chicken in 9 inch pie plate or 2 quart shallow baking dish. Mix soup and milk and pour over all. Sprinkle with cheese. Mix bread crumbs with butter and sprinkle on top. Bake at 400°F for 25 minutes or until hot. Serve over rice or noodles.

### Broccoli Salad

- Corine & Meagan Dagenais, Blaine Lake

- 2 bunches fresh broccoli, divided into bite-sized florets
- 6 green onions
- 1 cup red grapes
- ¾ cup Miracle Whip
- 4 tbsp. vinegar
- 3 stalks celery
- 4 strips bacon, cooked & crumbled
- 1/3 to ½ cup sugar

Combine broccoli, onion, bacon and celery. Mix Miracle Whip, sugar and vinegar; pour over salad at least 1 hour before serving. Refrigerate. Add grapes just before serving.

### Cuban-Style Pork Chops

- Reprinted with permission from *From the Grill* by the ATCO Blue Flame Kitchen

- 1 ½ cups diced onions
- ½ cup orange juice
- ¼ cup fresh lime juice
- 10 cloves garlic, chopped
- ½ tsp chopped fresh oregano
- ½ tsp ground cumin
- ½ tsp freshly ground pepper
- ½ cup chopped fresh cilantro, divided
- 6 bone-in pork loin chops, 1 inch thick
- Salt

To prepare marinade, place onions, orange juice, garlic, oregano, cumin and pepper in a blender; puree until smooth. Stir in ¼ cup cilantro.

Divide marinade between two large heavy zip-lock plastic bags.

Add 3 pork chops to each bag and squeeze bags to coat pork with marinade. Seal bags and place on a tray. Refrigerate for 1 hour.

Remove pork from marinade, reserving marinade. Sprinkle pork with salt.

Grill pork over low heat on barbecue until done.

Meanwhile, to prepare sauce, pour marinade into a small non-reactive saucepan. Bring to a boil over medium heat.

Reduce heat and simmer, stirring frequently, until marinade is reduced by half, about 6-8 minutes. Remove from heat and stir in remaining ¼ cup cilantro.

Serve pork chops with sauce.

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
500 g Regular Ground Beef	\$ 6.93	\$ 4.40	\$ 4.40	\$ 4.40	\$ 6.50	\$ 6.00
1 lb. Ground Turkey	\$ 7.59	\$ 7.99	\$ 6.99	\$ 5.80	\$ 5.00	\$ 3.00
800 g Boneless Loin Chops	\$ 12.32	\$ 12.32	\$ 10.57	\$ 11.98	\$ 10.00	\$ 5.43
1 kg Bananas	\$ 1.94	\$ 1.94	\$ 1.96	\$ 1.70	\$ 1.70	\$ 1.67
1 kg Red Delicious Apples	\$ 3.73	\$ 4.39	\$ 4.39	\$ 4.14	\$ 4.97	\$ 2.07
500 g Black Plums	\$ 3.85	\$ 3.95	\$ 3.95	\$ 3.80	\$ 3.85	\$ 2.29
1 bunch Broccoli	\$ 3.99	\$ 3.99	\$ 2.00	\$ 2.47	\$ 2.25	\$ 1.68
2 lb. Carrots	\$ 1.99	\$ 1.99	\$ 1.99	\$ 1.97	\$ 2.47	\$ 1.17
1 bunch Celery	\$ 1.99	\$ 2.60	\$ 1.59	\$ 1.58	\$ 1.77	\$ 1.25
<b>TOTAL</b>	<b>\$ 44.33</b>	<b>\$ 43.57</b>	<b>\$ 37.84</b>	<b>\$ 37.84</b>	<b>\$ 38.51</b>	<b>\$ 24.56</b>