

The Wecan Food Basket Society News

April 2012



Memberships

Membership in the Wecan Food Basket Society is only \$5.00 per year. Our membership year is from April 1, 2012 to March 31, 2013. Buy your new membership now and be eligible to attend our annual general meeting!

Annual General Meeting

Our Annual General Meeting will be held on Friday, May 25, 2012 starting at 9:00 a.m. at the Edmonton Moravian Church (9540—83 Avenue, Edmonton). The agenda will include the Annual Report for our 2011-2012 Fiscal Year and the election of the Board of Directors.

All members in good standing are eligible to attend. The meeting will begin with a Pancake Breakfast, so please call our office at 780-413-4525 to confirm your attendance.

We look forward to seeing you there!

Spring Plant Sale

Are you planting a garden or flower beds this spring? If so, plan to attend the Chalmers-Castle Downs United Church Plant Sale. Located at 123A Street and 132 Avenue, the sale is open May 16 (12 noon to 8:00 pm), May 17 and 18 (9:00 am to 8:00 pm), and May 19 (9:00 am to 3:00 pm). I'll be getting my bedding plants there, will you?

Depot Focus—Inglewood

Our Inglewood Depot has been operating since 1999 and currently has 35 or more food orders each month. **Wendy Hagen**, a long-time member and volunteer, stepped up to assume the position of Depot Coordinator in July 2010. She is ably assisted by volunteers **Stan, Dawn, Zorina**, and **Christine**.

Inglewood Christian Reformed Church graciously allows Wecan to use its building as the depot location and supports our endeavours to bring food security to the community. Linda, the church secretary, receives payments throughout the month and plugs in the freezer the day before food delivery to ensure that everything is ready for us. Without this kind of cooperation and support, Wecan would have difficulty in continuing its food program.

Feedback Request

Eight months ago, we raised our monthly fee to \$25. Are we providing good value for this money? What do you think? Talk to your coordinator, or call our office to let us know how what you think we can do to improve.

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.

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Ground Chicken	\$10.13	\$5.00	\$5.26	\$5.64	n/a	\$3.19
500 g Eye of Round Beef Roast	\$6.61	\$4.39	\$5.48	\$5.26	\$4.50	\$4.25
1 kg Pork Chops	\$13.65	\$10.50	\$8.78	\$8.48	\$10.05	\$5.99
1 kg Bananas	\$1.94	\$1.73	\$1.94	\$1.94	\$1.70	\$1.47
1 kg Red Delicious Apples	\$3.73	\$3.73	\$2.62	\$3.26	\$2.79	\$1.42
5 Kiwi Fruit	\$2.95	\$1.65	\$2.95	\$1.65	\$1.65	\$1.45
1 kg Russet Potatoes	\$1.74	\$1.29	\$1.10	\$1.72	\$1.04	\$1.09
2 lb. Bag Carrots	\$1.49	\$1.69	\$2.00	\$0.98	\$1.47	\$1.35
\$1.49	\$1.49	\$1.29	\$1.50	\$1.27	\$1.27	\$1.04
1 Bag Coleslaw Mix	\$1.99	\$2.00	\$1.97	\$1.47	\$1.47	\$1.48
1 Long English Cucumber	\$1.49	\$1.29	\$0.77	\$1.47	\$1.47	\$0.68
Total	\$47.21	\$34.56	\$34.37	\$33.14	\$26.91	\$23.41

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

Biscuit-Topped Chili

- Reprinted from *Chicken Now* © Company's Coming Publishing Limited

Cooking Oil	1 tbsp.	15 mL
Lean ground chicken	1 lbs.	454 g
Chopped onion	¼ cup	60 mL
Can of red kidney beans, rinsed and drained	14 oz.	398 mL
Salsa	1 ½ cups	375 mL
Can of condensed tomato soup	10 oz.	284 mL
All-purpose flour	2 cups	500 mL
Baking powder	1 tbsp.	15 mL
Granulated sugar	2 tsp.	10 mL
Seasoned salt	1 tsp.	5 mL
Pepper	¼ tsp.	1 mL
Milk	⅔ cup	150 mL
Cooking oil	⅓ cup	75 mL

Heat first amount of cooking oil in large frying pan on medium-high. Add chicken and onion. Scramble-fry for about 8 minutes until chicken is starting to brown and onion is softened.

Add next 3 ingredients. Cook and stir until heated through. Transfer to greased 9 inch (22 cm) deep dish pie plate.

Measure next 5 ingredients into medium bowl. Stir. Make a well in centre.

Add milk and second amount of cooking oil to well. Stir until just moistened. Turn dough out onto lightly floured surface. Knead 8 times. Roll or pat dough to 9 inch (22 cm) diameter circle. Place over chicken mixture. Prick entire surface of dough with fork through to bottom of pan. Bake, uncovered, in 400 °F (205°C) oven for 25 to 30 minutes until golden. *Serves 4*

Kiwifruit

The green kiwifruit's brown skin is edible, though it's fuzzy enough that few people actually eat it. The green flesh has tiny, edible black seeds. Refrigerate ripe kiwifruit for up to three weeks. Kiwifruit can be cooked, but heat turns the vibrant flesh an unappetizing shade of drab green. So, slice raw, ripe kiwifruit in half and scoop the flesh out with a spoon. Or peel, slice, and add to salads or mix with yogurt.

Creamy Lemon Coleslaw

- Reprinted with permission from *Everyday Delicious 2011* by the ATCO Blue Flame Kitchen

3 tbsp (40 mL) water
2 tbsp (25 mL) sour cream
1 tbsp (15 mL) mayonnaise
1 tbsp (15 mL) fresh lemon juice
1 tsp (5 mL) sugar
½ tsp (2 mL) grated lemon peel
¼ tsp (1 mL) salt
¼ tsp (1 mL) freshly ground pepper
4 cups (1 L) coleslaw mix
½ cup (125 mL) thinly sliced green onions
½ cup (125 mL) chopped fresh parsley

To prepare dressing, whisk together first 8 ingredients (water through pepper) until blended.

Combine coleslaw mix, green onions and parsley in a bowl. Add dressing and toss to combine. *Serves 4*

Polynesian Pork Chops

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

¼ cup (50 mL) flour
¼ tsp (1 mL) salt
¼ tsp (1 mL) freshly ground pepper
4 boneless pork loin chops
1 tbsp (15 mL) oil
1 can (8 oz/227 mL) crushed pineapple, undrained
½ cup (125 mL) ketchup
¼ cup (50 mL) apple cider vinegar
2 tbsp (25 mL) soy sauce
2 tbsp (25 mL) packed golden brown sugar
1 tbsp (15 mL) Worcestershire sauce
Dash hot pepper sauce

Combine flour, salt and pepper in a plastic bag. Add pork to flour mixture and toss to coat. Heat oil in a large fry pan over medium heat. Add pork and brown on both sides. Combine remaining ingredients (pineapple through hot pepper sauce). Pour over pork. Bring to a boil. Reduce heat and simmer, covered until pork is done and sauce is thickened, about 20 minutes. *Serves 4.*



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

THE GROCERY PEOPLE
WAREHOUSE MARKET

THE CITY OF
Edmonton



Don't Forget! The deadline for your next Food Order is May 4. You can submit your next payment when you pick up your April food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

Your Depot:

**Next Fees Deadline: May 4, 2012
Next Pick-up Days: May 17 / 18**