

The Wecan Food Basket Society News

February 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. Avoid the rush—buy your new membership now!

Wecan Casino

A quick reminder to all our Casino Volunteers: our Casino dates are February 22 and 23, 2012. Thank you to all who volunteered to help. We look forward to seeing you there.

Volunteer Wanted

A dedicated volunteer is required by Wecan to help sort and load depot orders on the third Thursday and Friday of each month (depot days) at the TGP Warehouse. Organizational skills and the ability to lift case lots is required. Hours are 7:30 a.m. to about 11:00 a.m. each day. Interested persons should call Christine at the Wecan office, 780-413-4525.

News Feature

The Edmonton Examiner will be featuring a story about Wecan in their next edition. Watch for it and read all about us.

The Grocery People

In 1997 the Wecan Food Basket Society saw the need to consolidate all food purchases for the food program with one supplier. The Grocery People were able to fill this need and a successful relationship was formed between the two groups which continues to the present day.

The TGP staff has been very supportive and we are very appreciative of their efforts to supply our members with nutritious food at a reasonable cost each month.

Rob Farrell, TGP Food Manager, relocated to Edmonton from Innisfail about two months ago to oversee the general operations of TGP's Cash and Carry Warehouse. Rob always makes marvellous suggestions for our food basket and has made some changes to the front of the TGP Warehouse to compliment their recent renovations.

Paul Oosterhuis heads up the meat department and has been looking after us with the help of his staff of meat cutters. He often contacts our office with news of specials which we may want to include in our monthly order.

Mike Shewfelt and Dawn Cross in the produce department also keep us up-to-date with the latest and greatest of produce.

Thank you to the management and staff of TGP for being there for us. We encourage all our members to visit, and shop at, the TGP Cash and Carry Warehouse located at 14505 Yellowhead Trail, Edmonton.

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$4.46	\$2.50	\$4.95	\$3.84	\$4.00	\$3.50
1 kg Chicken Legs/Backs	\$8.80	\$10.68	\$8.63	\$8.80	\$5.77	\$6.10
700 g Pork Loin Roast	\$9.71	\$9.56	\$7.32	\$6.91	\$7.99	\$4.90
1 kg Bananas	\$1.94	\$1.79	\$2.18	\$1.75	\$1.75	\$1.53
5 Spartan Apples	\$2.80	\$2.69	\$2.46	\$2.16	\$1.94	\$1.70
5 Kiwi Fruit	\$2.95	\$2.99	\$2.50	\$1.90	\$2.00	\$1.45
1 kg Russet Potatoes	\$2.48	\$2.18	\$2.18	\$2.18	\$2.18	\$0.84
2 lb. Carrots	\$1.49	\$2.84	\$1.49	\$1.28	\$1.47	\$1.19
1 bunch Broccoli	\$1.79	\$1.99	\$1.49	\$1.27	\$1.27	\$0.95
1 Field Cucumber	\$1.99	\$2.49	\$1.99	\$0.98	\$0.77	\$0.80
1 Cabbage	\$3.00	\$2.50	\$2.76	\$1.92	\$3.08	\$1.00
Total	\$41.41	\$42.21	\$37.95	\$32.99	\$32.22	\$23.96

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

Cabbage and Apples

- Reprinted from *Choosing Sides* © Company's Coming Publishing Limited

Olive (or cooking) oil	1 tbsp.	15 mL
Chopped onion	1 cup	250 mL
Shredded green cabbage lightly packed	4 cups	1 L
Caraway seed	½ tsp.	1 mL
Chopped unpeeled tart apple	2 cups	500 mL
White wine vinegar	3 tbsp.	50 mL
Granulated sugar	1½ tsp.	7 mL
Salt	¼ tsp.	1 mL
Pepper	¼ tsp.	1 mL

Heat olive oil in large frying pan on medium. Add onion. Cook for 5 to 10 minutes, stirring occasionally, until softened.

Add cabbage and caraway seed. Stir. Cook, partially covered, for 3 to 5 minutes, stirring occasionally, until tender-crisp.

Add remaining 5 ingredients. Heat and stir for about 2 minutes until heated through. Makes about 3 cups (750 mL).

Roasted Broccoli with Garlic

- Reprinted with permission from *Everyday Delicious 2006* by the ATCO Blue Flame Kitchen

Olive oil	1 tbsp.	15 L
Grated lemon peel	1 tsp.	5 mL
Salt	¼ tsp.	1 mL
Freshly ground pepper	¼ tsp.	1 mL
Garlic cloves, chopped	2	2
Broccoli florets	6 cups	1.5 L

Grease a rimmed baking sheet or line with non-stick foil. Combine oil, lemon peel, salt, pepper and garlic in a bowl. Add broccoli and toss until coated. Place broccoli in a single layer in prepared pan. Bake, uncovered, at 425°F (220°C), stirring occasionally, for 15 minutes or until broccoli is tender crisp and lightly browned.



Sweet and Sour Pork

- Reprinted from *Asian Cooking* © Company's Coming Publishing Limited

Boneless pork, cut bite size	2 lbs.	900 gm
Water, to cover		
Salt	2 tsp.	10 mL
Medium carrots, cubed	2	2
Large onions, cubed	2	2
Medium green peppers, cubed	2	2

Sweet and Sour Sauce

Brown sugar, packed	1½ cups	375 mL
All-purpose flour	¼ cup	60 mL
White vinegar	½ cup	125 mL
Water	¼ cup	60 mL
Soy sauce	2 tbsp.	30 mL
Ketchup	1 tbsp.	15 mL
Ground ginger	¼ tsp.	1 mL
Garlic powder	¼ tsp.	1 mL

Combine pork, water and salt in large saucepan. Bring to a boil. Reduce heat. Cover. Simmer for about 50 minutes until pork is almost tender.

Add carrot and onion. Bring to a boil. Cook for 30 minutes.

Add green pepper. Bring to a boil. Cook until green pepper is tender-crisp. Drain. Set aside.

Sweet and Sour Sauce: Mix brown sugar and flour well in medium saucepan. Stir in remaining 6 ingredients until smooth. Heat and stir on medium until boiling and thickened. Pour over pork mixture. Toss until well coated. Transfer to a warmed platter or bowl. Serves 6.

Kitchen Wisdom

- Reprinted with permission from *Everyday Delicious 2006* by the ATCO Blue Flame Kitchen

Nonstick foil has been coated on one side with a special, food-safe non-stick surface. It is useful for lining baking pans as it keeps foods from sticking to the pans, thereby allowing foods to be lifted off easily. Using non-stick foil makes for easy cleanup. In addition to lining baking pans, it can also be used on the grill and for wrapping foods for the freezer.

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

THE GROCERY PEOPLE
WAREHOUSE MARKET

THE CITY OF
Edmonton



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Don't Forget! The deadline for your next Food Order is March 2. You can submit your next payment when you pick up your February food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

Your Depot:

Next Fees Deadline: Mar. 2, 2011
Next Pick-up Days: Mar. 15 / 16