

# The Wecan Food Basket Society News



January 2012

## Casino Volunteers

Thank you to all who volunteered for our upcoming casino (February 22 & 23). You will be receiving confirmation of your shift in the near future. If you have any questions, please call the Wecan office at 780-413-4525. We look forward to seeing you all there and hope that our casino is a success.

## Board of Directors Meeting

The Wecan Board of Directors held their regular meeting on Tuesday, January 10th. Items discussed included final plans for the casino and revisions to our Strategic Plan. A committee was struck to review and suggest changes to the Wecan Strategic Plan. We will be asking some of our coordinators and members to assist us by responding to a questionnaire.

## Correction

Last month we reported that Wendy Hagan of our Inglewood Depot received her 5-Year Award. This was our error. Wendy is receiving her 10-Year Award. Our apologies to Wendy and congratulations on reaching this milestone.

## Wecan News

The Wecan Food Basket Society is approaching 2012 with renewed vigour and purpose. An important goal for the Society is increasing our membership base and, therefore, increasing the number of food orders we supply each month.

Promotional efforts are an important aspect of this effort. We would like to show the greater Edmonton community that we are an excellent food resource for individuals and families that are in need. And, we would like to tell your stories in our newsletter so our members can share in your successes.

We have many smaller depots that may need help in growing their membership numbers. Call the office and we can help by sending brochures and/or postcards for you to use. Or, if you know of a group that could benefit from a presentation about our program, let us know and we will set one up for them.

Do you have a volunteer, or a member, who adds something special to your depot each month? Please contact the office so we can profile this person in a future newsletter.

Best of all, tell all your friends about Wecan and invite them to join. Thank you for your efforts.

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$4.45	\$4.98	\$4.45	\$3.49	\$4.00	\$3.13
700 g Chicken Drumsticks	\$6.00	\$6.46	\$5.13	\$4.75	\$5.00	\$4.45
1 kg Boneless Round Roast	\$12.76	\$12.80	\$12.88	\$10.98	\$9.63	\$6.75
1 kg Bananas	\$1.94	\$1.94	\$1.97	\$1.70	\$1.70	\$1.39
4 MacIntosh Apples	\$4.39	\$4.17	\$4.39	\$3.26	\$3.24	\$1.04
1 kg Navel Oranges	\$3.29	\$1.28	\$3.28	\$1.50	\$1.92	\$1.42
2 lb. bag Carrots	\$1.49	\$1.99	\$2.59	\$1.18	\$1.18	\$1.08
1 head Red Leaf Lettuce	\$1.79	\$1.99	\$2.59	\$1.18	\$0.97	\$1.31
1 kg. Russet Potatoes	\$2.18	\$2.18	\$2.18	\$1.50	\$2.14	\$0.75
1 kg. Field Tomatoes	\$4.39	\$4.39	\$3.79	\$3.90	\$3.24	\$1.82
1 Field Cucumber	\$1.29	\$0.99	\$1.19	\$0.98	\$0.77	\$0.60
<b>Total</b>	<b>\$43.97</b>	<b>\$45.36</b>	<b>\$43.14</b>	<b>\$34.92</b>	<b>\$33.79</b>	<b>\$23.74</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

## Pot Roast Special

- Reprinted from *Beef Today* © Company's Coming Publishing Limited

Large onion chopped	1	1
Vegetable oil	2 tbsp.	30 mL
Boneless baron of beef (outside round roast)	3 lbs.	1.4 kg
Bay leaf	1	1
Orange, grated peel and juice	1	1
Ground allspice	1/2 tsp.	2 mL
Pepper	1/4 tsp.	1 mL
Condensed beef consommé	10 oz.	284 mL
Cornstarch	1 tbsp.	15 mL
Water	1/4 cup	60 mL

Sauté the onion in the oil in a Dutch oven until soft. Remove the onion. Add the roast and brown on all sides. Return the onion to the pan.

Combine the bay leaf, orange peel, orange juice, allspice, pepper and consommé and pour over the roast and onion. Simmer, covered, for 2 1/2 hours or until the beef is tender. Remove the roast and cover with foil.

Strain the liquid. Spoon the fat off the top. Mix the cornstarch and water and stir into the liquid. Blend well. Heat until the gravy is clear and thickened, stirring often.

## Quick Glazed Carrots

- Reprinted with permission from *A Holiday Collection 2006* by the ATCO Blue Flame Kitchen

Baby Carrots (or sliced carrots)	4 cups	1 L
Packed brown sugar	1 tbsp.	15 mL
Cornstarch	1 tsp.	5 mL
Ground ginger	1/4 tsp.	1 mL
Salt	1/8 tsp.	0.5 mL
Orange juice	1/4 cup	50 mL
Butter	2 tbsp.	30 mL

Cook carrots in boiling salted water until tender, about 7-10 minutes. Meanwhile, combine brown sugar, cornstarch, ginger and salt in a small saucepan. Gradually stir in orange juice until blended. Bring to a boil over medium heat. Cook, stirring, for 2 minutes or until thickened. Remove from heat and stir in butter until melted. Drain carrots; add orange juice mixture to carrots and toss to coat.

## Kids' Stuffed Spuds

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

Large potatoes, baked	2	2
Chopped onion	3/4 cup	175 mL
Margarine (or butter)	1 tbsp.	15 mL
Light salad dressing (or mayonnaise)	1/2 cup	125 mL
Prepared mustard	1/2-1 tbsp.	7-15 mL
Salt, sprinkle		
Pepper, sprinkle		
Sweet pickle relish	1/4 cup	60 mL
Wieners, chopped	2	2
Ketchup (optional)		

Cut potatoes in half lengthwise. Scoop out pulp into medium bowl, leaving shells 1/4 inch (6 mm) thick. Mash potato pulp.

Sauté onion in margarine in frying pan until golden. Add salad dressing, mustard, salt and pepper to potato pulp. Mash well. Stir in onion, relish and wieners. Stuff shells.

Squeeze zigzag line of ketchup across top. Arrange on ungreased baking sheet. Bake in 350°F (175°C) oven for 20 minutes until heated through. Makes 4.

## Black Bean and Ground Beef Meatloaf

- Diane Lemire

1 can black beans	1 lb. ground beef
1 small onion, chopped	1/2 head garlic, finely chopped
2 tbsp. tomato paste	
1 tsp. paprika	1 tsp. oregano
Salt and pepper	1/2 tsp. sugar
1/2 cup bread crumbs	1 large egg

In a large bowl, mash black beans with a potato masher. Add all other ingredients to the mashed black beans. Continue to use the potato masher to mix the ingredients together well. Place into a loaf pan, ungreased. Bake in a 350°F oven for 1 hour.

*Thank you, Diane, for submitting this delicious recipe for our newsletter.*

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

THE GROCERY PEOPLE  
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**Don't Forget! The deadline for your next Food Order is February 3. You can submit your next payment when you pick up your January food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!**

**Your Depot:**

**Next Fees Deadline: Feb. 3, 2011  
Next Pick-up Days: Feb. 16 / 17**