

# The Wecan Food Basket Society News

August 2012



## How to follow *Canada's Food Guide*

*How much should you eat?*

The amount you need to eat to be healthy depends on:

- Your age
- How active you are
- Your health and weight
- Whether you are male or female
- If you are pregnant or breastfeeding

*Canada's Food Guide* gives advice for anyone over two years old. Use *Canada's Food Guide* for general advice.

## Volunteers Needed

Wecan Food Basket is looking for a volunteer, or volunteers, to help in the TGP Warehouse on depot days each month from 7:00 a.m. to 11:00 a.m. (third Thursday and Friday of the month). The ability to lift case lots of food and own transportation is required. For more information, or to volunteer, please contact Carla Meyer at our office at 780-413-4525.

## 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 distribu-

## Stretching Your Food Budget

August's food selections can be made into several healthy, delicious meals. New potatoes are always good simply boiled and served with butter, sour cream, or a light gravy. The green peppers can be seeded and sliced to be served raw, added to a packed lunch as a finger food, or chopped to add to a soup or salad. The cauliflower can also be eaten raw (ranch dressing makes a good dip for raw vegetables), added to a salad, or cooked and served with a cheese sauce.

A good way to stretch the chicken is to serve Oven-Fried Chicken; then, save the bones and left-over meat to make chicken soup. If you don't have enough chicken to make a good stock, save what you have in the freezer, adding to it until you have enough to make soup. This same method of saving meat bones to make soup can be done with beef, turkey and/or pork.

The pork tenderloin would be good cooked as a small roast (slice any leftovers for sandwiches), or sliced thin for stir-fry to serve with rice or noodles.

August is the season for harvesting fresh vegetables from the garden. Wecan members who have gardens, no matter how large or small, are lucky indeed. I only have room for a few tomato plants outside my back door, but they are ripening quickly and taste much better than anything I could buy. For those of you without a garden, farmer's markets have abundant supplies of fresh, tasty vegetables at this time of year.

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$4.40	\$4.50	\$4.07	\$4.74	\$4.00	\$3.50
500 g Pork Tenderloin	\$8.30	\$4.63	\$4.39	\$4.06	\$5.50	\$4.50
1.3 kg Chicken Legs Back Att.	\$8.80	\$8.75	\$7.19	\$6.225	\$5.10	\$6.15
1 kg Bananas	\$1.94	\$1.74	\$1.94	\$1.70	\$1.54	\$1.33
1 kg Black Plums	\$3.29	\$4.39	\$4.39	\$3.26	\$3.29	\$2.64
1 lb. Strawberries	\$2.99	\$2.99	\$2.27	\$1.99	\$2.99	\$1.96
1 kg New Red Potatoes	\$1.48	\$2.84	\$0.97	\$0.88	\$1.70	\$1.13
500 gm Green Peppers	\$2.97	\$2.20	\$1.88	\$1.63	\$1.54	\$1.74
1 Cauliflower	\$3.58	\$2.59	\$2.59	\$2.58	\$1.97	\$1.63
<b>Total</b>	<b>\$37.75</b>	<b>\$34.63</b>	<b>\$29.69</b>	<b>\$27.09</b>	<b>\$27.63</b>	<b>\$24.58</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

## Coating Mix for Oven-Fried Chicken

- Reprinted from *More with Less Cookbook*

Combine in a bowl

- 2 cups dry bread crumbs
- 1½ tsp. salt
- 1½ tsp. paprika
- 1 tsp. celery salt
- 1 tsp. onion salt
- ¼ tsp. pepper
- 1 tsp. poultry seasoning (optional)
- ¼ cup vegetable oil

Blend ingredients with fork or pastry blender until well mixed. Keeps unrefrigerated in tightly covered container. Makes 2½ cups of mix.

When ready to use, Preheat oven to 350°F.

Put ½ cup coating mix in plastic or paper bag. Moisten chicken pieces with water or milk and shake one piece at a time in bag. Add more mix as needed. Lay chicken skin-side up in greased pan and bake 1 hour or until tender. No turning needed.

### Option:

Use for fish fillets. Bake 30 minutes.

## Chicken Stock

- Reprinted from *Soups and Sandwiches*© Company's Coming Publishing

Chicken (see note)	3½ lbs.	1.5 kg
Water to cover, approximately	14 cups	3.5 L
Chopped onion	1½ cups	375 mL
Medium carrots, cut up	2	2
Chopped celery	¾ cup	150 mL
Parsley flakes	1 tsp.	5 mL
Salt	1 tsp.	5 mL
Pepper	¼ tsp.	1 mL
Bay leaf (optional)	1	1
Thyme	¼ tsp.	1 mL
Whole clove	1	1

Put all ingredients into pot. Bring to boil. Cover and simmer about 2½ hours. Skim as needed. Strain. Remove meat from bones and save for soup or sandwiches. Strain and chill stock. Remove and discard layer of fat before using. Makes about 10 cups (2.25 L).

**Note:** Fowl, such as hen, gives maximum flavor. Frying chicken or the equivalent weight in chicken parts may be used. Necks and backs can be stored in the freezer until enough have accumulated. The addition of 4 chicken bouillon cubes will strengthen stock made from younger chickens. Stock may be boiled, uncovered, until reduced

in quantity thus making it stronger. A turkey or chicken carcass can also be used to make stock. It helps to brown carcass bones in 450°F (230°C) oven before boiling. Chicken bouillon cubes added to the water will enhance flavor.

## Cauliflower Cheese Soup

Reprinted from *Soups and Sandwiches*© Company's Coming Publishing

Medium head of cauliflower	1	1
Chicken stock, previous recipe	2 cups	500 mL
Butter or margarine	¼ cup	50 mL
Chopped onion	¼ cup	50 mL
All-purpose flour	¼ cup	50 mL
Salt	½ tsp.	2 mL
Pepper	1/8 tsp.	0.5 mL
Milk	2 cups	500 mL
Grated medium Cheddar cheese	1 cup	250 mL
Buttered bread crumbs for garnish		
Parsley		

Cook cauliflower in chicken stock until tender. Do not drain. Cool a bit. Run through blender to desired texture. Set aside

Melt butter in saucepan. Add onion and sauté until limp. Do not brown.

Mix in flour, salt and pepper. Add milk. Heat and stir until it boils and thickens.

Add cheese and cauliflower mixture. Stir to heat and melt cheese. Garnish with buttered bread crumbs. Parsley may be added as an ingredient or as a garnish. Makes about 5 cups (1.25 L)

**Cream of Cauliflower Soup:** Omit cheese. Excellent  
**Cauliflower Soup:** Use water instead of milk



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



**Don't Forget! The deadline for your next Food Order is September 7. You can submit your next payment when you pick up your August food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!**

**Your Depot:**

**Next Fees Deadline: Sep. 7, 2012**  
**Next Pick-up Days: Sep. 20 / 21**