

The Wecan Food Basket Society News

January 2013



Wecan News

There have been changes to some of our depots in recent months. Firstly, **Karen** and **Irene** from our Dickensfield depot are retiring but are leaving the depot in the capable hands of **Tracy** from Amity House. Amity House is open from 9:00 am to 5:00 pm daily to receive payment for the monthly orders and food pick-up will remain at the Church of the Nazarene. Karen and Irene have volunteered their services and expertise to Wecan for a number of years and without their support we would not have been able to have such a successful program. To both of them, "thank you" for all you have done for us and best wishes for a happy and successful retirement.

Another volunteer heading into retirement is **Nettie** from our Abbotsfield depot. Nettie is a long-time volunteer and we will miss her tremendously. However, **Colleen, Shirley, and Bridget** have stepped up and in to ensure the depot continues to run smoothly in it's current location.

We have added two, small, satellite depots to our growing numbers and hope that these locations will grow to become independent locations. More information will follow in future newsletters.

As we have stated many times, without our volunteers we would not exist and would not be able to provide our food program. We sincerely thank all those who give freely of their time and efforts. While we are sad to see some people leave us, we are happy to welcome new people to our organization and we wish them well in their endeavours.

Stretching Your Food Budget

Broccoli: Broccoli is an excellent source of vitamin C and also contains vitamin A, riboflavin, calcium, iron, and a natural compound that may help prevent some cancers. Look for heads with tightly closed, vivid green buds; avoid those that are yellowing or brown. Refrigerate unwashed for up to four days. Trim and peel stalks before using. Serve raw broccoli with a dip or grate and substitute for cabbage in coleslaw. Broccoli can also be steamed, stir-fried, or boiled; or, try sautéing in olive oil with garlic or shallots.

Parsley: Parsley is high in vitamins A and C, and so is as healthful as it is attractive. Italian (or flat-leaf) and curly-leaf parsley are the best known varieties of this universal herb. Italian parsley is more strongly flavored, but both lend a peppery freshness to all kinds of foods. Parsley is a key ingredient in Middle Eastern dishes such as tabbouleh and in gremolata, an Italian garnish made with lemon peel and garlic and served with meats. Add parsley to mashed potatoes, use the stalks in stock, or mince and sprinkle over grilled fish.

The Edmonton John Howard Society is, once again, presenting a variety of FREE Financial Literacy Programs covering such topics as Budgeting, Banking, and Credit and Debt Management. For more information, or to register, please contact:

Edmonton John Howard Society
Phone: 780-428-7590
www.johnhoward.org

| Food Basket Items | Safeway | Save-On Foods | Sobey's | Real Canadian Superstore | Walmart | Wecan Food Basket Society |
|-------------------------|----------------|----------------|----------------|--------------------------|----------------|---------------------------|
| 500 g Lean Ground Beef | \$4.84 | \$4.99 | \$4.78 | \$3.00 | \$3.39 | \$3.50 |
| 800 g Sirloin Tip Roast | \$11.27 | \$10.63 | \$8.80 | \$9.50 | \$10.48 | \$8.00 |
| 500 g Chicken Thighs | \$3.85 | \$3.90 | \$3.56 | \$3.44 | \$2.86 | \$3.35 |
| 1 kg Bananas | \$1.94 | \$1.74 | \$1.94 | \$1.70 | \$1.70 | \$1.33 |
| 1 kg Apples | \$4.17 | \$3.73 | \$4.17 | \$4.14 | \$3.28 | \$1.62 |
| 1 kg Anjou Pears | \$4.39 | \$3.28 | \$3.28 | \$3.26 | \$3.46 | \$2.09 |
| 1 bunch Broccoli | \$2.84 | \$2.74 | \$1.99 | \$0.96 | \$1.00 | \$1.06 |
| 2 lb. Carrots | \$1.76 | \$0.99 | \$1.99 | \$1.48 | \$1.06 | \$1.33 |
| 1 bunch Green Onions | \$0.69 | \$0.69 | \$0.89 | \$0.47 | \$0.47 | \$0.33 |
| 1 bunch Parsley | \$0.99 | \$0.86 | \$0.89 | \$0.77 | \$0.77 | \$0.53 |
| 5 lb. Potatoes | \$2.99 | \$3.99 | \$1.99 | \$1.70 | \$1.47 | \$1.66 |
| Total | \$39.76 | \$37.54 | \$34.28 | \$30.42 | \$29.94 | \$24.80 |

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

Potato Hotcakes

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

These wee cakes are delicious with syrup. Try the various suggestions below for lunch with a dab of sour cream.

| | | |
|------------------------------------|---------|--------|
| Mashed potatoes | 1 cup | 250 mL |
| Large egg, fork-beaten | 1 | 1 |
| Salt | 1/2 tsp | 2 mL |
| Granulated sugar | 2 tsp | 10 mL |
| Milk | 1 cup | 250 mL |
| Hard margarine (or butter), melted | 1 tbsp | 15 mL |
| All-purpose flour | 1 cup | 250 mL |
| Baking powder | 1 tbsp | 15 mL |

Stir potato and egg in medium bowl. Add salt, sugar, milk and margarine. Mix.

Stir in flour and baking powder, adding a bit more milk to make spoonable, but barely pourable, batter. Grease frying pan with cooking spray for each batch. Heat pan. Drop batter by tablespoonful (15 mL) into pan. Brown both sides. Makes 34 small hotcakes.

Cheddar Hotcakes: Add 1 cup (250 mL) grated sharp cheddar with dry ingredients.

Green Onion Hotcakes: Add 1/4 cup (60 mL) finely chopped green onion with dry ingredients.

Deluxe Cheese and Onion Hotcakes: Add 1 cup (250 mL) grated sharp Cheddar and 1/4 cup (60 mL) finely chopped green onion with dry ingredients.

Potato Broccoli Soup

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

| | | |
|---------------------------------------|---------|--------|
| Medium onions, chopped | 2 | 2 |
| Garlic clove, minced | 1 | 1 |
| (or 1/4 tsp., 1 mL, powder), optional | | |
| Margarine (or butter) | 1 tbsp | 15 mL |
| Peeled diced potato | 4 cups | 1 L |
| Vegetable bouillon powder | 2 tbsp | 30 mL |
| Diced broccoli | 4 cups | 1 L |
| Salt | 1 tsp | 5 mL |
| Pepper | 1/4 tsp | 1 mL |
| Water | 6 cups | 1.5 L |
| Can of skim evaporated milk | 13½ oz | 385 mL |
| Grated light sharp Cheddar cheese | 1/2 cup | 125 mL |

Sauté onion and garlic in margarine in large saucepan or Dutch oven for about 10 minutes until soft and starting to turn golden.

Add next 6 ingredients. Bring to a boil. Cook until potatoes are tender. Do not drain.

Stir in milk. Remove some of the solids with a slotted spoon to small bowl. Puree remainder. Add solids.

Sprinkle each serving with 1 tbsp (15 mL) grated cheese. Makes 10 3/4 cups (2.7 L).

Macaroni Jumble

- Reprinted from *Ground Beef Recipes*© Company's Coming Publishing

| | | |
|--|---------|--------|
| Elbow macaroni | 2 cups | 500 mL |
| Cooking oil | 2 tsp | 10 mL |
| Lean ground beef | 1 lb | 454 g |
| Chopped onion | 1/3 cup | 75 mL |
| Frozen kernel corn | 1½ cups | 375 mL |
| (or 12 oz., 341 mL, can of kernel corn, drained) | | |
| Can of tomato sauce | 7½ oz. | 213 mL |
| Ketchup | 1/2 cup | 125 mL |
| Water | 1/2 cup | 125 mL |
| Chili powder | 2 tsp | 10 mL |
| Granulated sugar | 1/2 tsp | 2 mL |
| Seasoned salt | 1/2 tsp | 2 mL |

Grated medium cheddar cheese 1/2 cup 125 mL

Cook macaroni in boiling salted water in large uncovered saucepan for 8 to 10 minutes, stirring occasionally, until tender but firm. Drain. Set aside.

Heat cooking oil in large frying pan on medium. Add ground beef and onion. Scramble-fry for about 10 minutes until beef is no longer pink. Drain.

Add next 7 ingredients. Heat and stir for about 1 minute until boiling. Reduce heat to medium-low. Simmer, uncovered, for 8 to 10 minutes, stirring occasionally, until slightly thickened. Add macaroni. Heat and stir for about 5 minutes until heated through.

Sprinkle with cheese. Remove from heat. Let stand for about 1 minute until cheese is melted. Serves 4.

For More Information About Wecan Food Basket

Visit our **Website:** www.wecanfood.com

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Or **Email** us: info@wecanfood.com

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



Don't Forget! The deadline for your next Food Order is February 8. 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. 8, 2013
Next Pick-up Days: Feb. 21 / 22