

The Wecan Food Basket Society News

March 2013



Memberships

Wecan Food Basket Society's membership year is from April 1st to March 31st. Membership is only \$5.00 annually and can be purchased from your depot coordinator when you pick up your food basket. New members who purchase their membership in January, February, and March will have their membership extended to the end of the next membership year. For example, if a member pays the \$5.00 membership in February 2013, the membership will be good until March 2014.

Buy Your Membership Now!!

Annual General Meeting

Date: Friday, May 24, 2013

Time: Breakfast—9:00 a.m.
Meeting—9:30 a.m.

Place: Edmonton Moravian Church
9540—83 Avenue
Edmonton AB

All current members are invited and encouraged to attend the Wecan Food Basket Society of Alberta Annual General Meeting. Agenda items will include the 2012-13 year end financial report, election of board members, volunteer long-service awards and presentation of our first annual Lynn Mulvaney Coordinator of the Year Award.

Please confirm your attendance by calling the Wecan office at 780-413-4525 so we can plan the pancake breakfast and the seating arrangements.

Tips From The Kitchen

Fish: Canada's Food Guide recommends eating at least 2 servings of fish each week as an alternative to other protein sources such as lean meat or poultry. Fish is fast and easy to cook as it only takes 2 to 3 minutes per side in a frying pan. Lemon, along with tartar sauce, is a great accompaniment to fish that enlivens the flavour of this healthy food.

Food Safety: Studies done by Health Canada show that about 11 to 13 million Canadians get sick every year due to something they ate; and we are our own worst enemies. Research shows that over half of all Canadians still thaw frozen meat and poultry at room temperature allowing for the growth of bacteria. Always defrost perishable items (meat, fish, poultry) in the fridge. Or, defrost items in a sink full of cold water, or more quickly in the microwave. If using a microwave, though, make sure you cook the food right away. Other great reminders:

- Clean frequently to keep bacteria from spreading.
- Keep cooked foods separate from uncooked foods.
- Cook foods to the proper temperature.
- Chill leftovers within two hours.
- Wash your hands with soap and warm water for at least 20 seconds before starting food preparation.

March Food Order: This month we have some unusual items in our order. The lemon and lime were added as extras to enhance the fish and avocado (another extra). Gaucamole is a great dip for crackers or fresh vegetables. Hopefully our recipes this month will encourage you to try something new and will introduce your family to some quick, easy, and flavourful meals.

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
500 g lean ground beef	\$ 4.84	\$ 4.88	\$ 3.88	\$ 3.88	\$ 3.39	\$ 3.50
1 lb Basa Fillets	\$ 3.50	\$ 4.40	\$ 4.54	\$ 5.49	\$ 4.39	\$ 4.39
Chicken Breasts 6 x 4 Oz	\$ 7.32	\$ 9.72	\$ 5.60	\$ 7.86	\$ 5.60	\$ 6.54
1 kg bananas	\$ 1.94	\$ 1.94	\$ 1.94	\$ 1.70	\$ 1.70	\$ 1.33
1 Cantaloupe	\$ 2.67	\$ 1.98	\$ 2.99	\$ 2.67	\$ 2.67	\$ 2.15
4 Kiwis	\$ 2.36	\$ 1.20	\$ 1.34	\$ 1.92	\$ 2.28	\$ 1.12
1 lime	\$ 0.59	\$ 0.59	\$ 0.59	\$ 0.37	\$ 0.37	\$ 0.25
1 lemon	\$ 0.69	\$ 0.59	\$ 0.59	\$ 0.58	\$ 0.37	\$ 0.26
1 bunch broccoli	\$ 2.79	\$ 2.56	\$ 1.49	\$ 0.99	\$ 1.27	\$ 1.21
1 lb bag carrots	\$ 1.99	\$ 1.99	\$ 2.99	\$ 1.48	\$ 2.47	\$ 1.31
1 bag coleslaw	\$ 1.79	\$ 2.79	\$ 3.59	\$ 1.47	\$ 1.47	\$ 1.29
1 avocado	\$ 0.89	\$ 1.29	\$ 1.00	\$ 1.28	\$ 0.97	\$ 0.73
1 bunch green onion	\$ 0.50	\$ 0.89	\$ 0.79	\$ 0.47	\$ 0.47	\$ 0.45
TOTAL	\$ 31.87	\$ 34.82	\$ 31.33	\$ 30.16	\$ 27.42	\$ 24.53

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

Easy Fried Fish

- Paige Nelson

1 tbsp. (15 mL) oil
Fish fillets, thawed
½ cup (125 mL) flour
1 tsp (5 mL) seasoning salt
Sprinkle of pepper

Heat oil in frying pan. Mix together flour, salt and pepper. Dredge fish in flour mixture. Fry coated fish for 2-3 minutes per side, or until fish flakes easily. Serve with a squeeze of lemon and tartar sauce.

Fried Haddock

- Reprinted from *Catch of the Day*© Company's Coming Publishing

Pancake mix	3/4 cup	175 mL
Seasoned salt	2 tsp.	10 mL
Large egg	1	1
Haddock fillets, any small bones removed, blotted dry	1 lb.	454 g

Cooking oil	½ cup	125 mL
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Combine pancake mix and seasoned salt in medium shallow dish.

Beat egg with fork in separate medium shallow dish. Add ¼ cup (60 mL) pancake mixture. Stir until smooth.

Dip fillets, 1 at a time, in egg mixture. Press both sides of fillets into remaining pancake mixture until coated. Discard any remaining egg and pancake mixture.

Heat cooking oil in large frying pan on medium. Add fillets. Cook for about 2 minutes per side until lightly browned and fish flakes easily when tested with fork.

- Serves 4

Editors note: this recipe will also work well with basa fillets.

Tartar Sauce

- Reprinted from *Fish and Seafood*© Company's Coming Publishing

Salad dressing (or mayonnaise)	1 cup	250 mL
Sweet pickle relish	2 tbsp.	30 mL
Lemon juice, fresh or bottled	1 tbsp.	15 mL
Chopped chives (or green onion)	1 tsp.	5 mL

Stir all ingredients together. Store in refrigerator.
- Makes 1 cup (250 mL).

Guacamole

- Reprinted from *Starters*© Company's Coming Publishing

Medium avocados, peeled and mashed	1	1
Lime (or lemon) juice	3 tbsp	50 mL
Finely chopped white (or red) onion	2 tbsp	30 mL
Medium tomato, seeded and diced	1	1
Chili powder	1 tsp.	5 mL
Garlic powder	¼ tsp.	1 mL
Cayenne pepper	¼ tsp.	1 mL
Salt	1 tsp.	5 mL
Pepper	¼ tsp.	1 mL

Mix all 9 ingredients in medium bowl.

- Makes 1 ¾ cups (425 mL)

Crustless Broccoli Cheese Pie

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

2 cups (500 mL) chopped broccoli
2 tsp (10 mL) oil
½ cup (125 mL) diced ham
¼ cup (50 mL) thinly sliced green onion
1¼ cups (300 mL) milk
4 eggs
½ tsp (2 mL) hot pepper sauce
½ tsp (2 mL) salt
¼ tsp (1 mL) freshly ground pepper
¼ tsp (1 mL) dry mustard
1/8 tsp (0.5 mL) nutmeg
2 cups (500 mL) whole wheat bread cubes
1 cup (250 mL) shredded mozzarella cheese
Paprika

Cook broccoli in boiling salted water for 2 minutes; drain. Cool immediately in ice water; drain. Heat oil in a frypan over medium heat. Add ham and green onion; sauté for 5 minutes. Whisk together next 7 ingredients (milk through nutmeg) in a large bowl until blended. Stir in bread cubes. Gently fold in broccoli, ham mixture and cheese. Spoon mixture into a greased 9 inch (23 cm) deep-dish pie plate. Dust with paprika. Bake, uncovered, at 350°F (180°C) for 50-55 minutes or until knife inserted in centre comes out clean. Let stand for 5 minutes before serving.

For More Information About Wecan Food Basket

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

Follow us on **Twitter**: @wecanfoodbasket

Like us on **Facebook**: Wecan Food Basket Society of Alberta

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 **April 5**. You can submit your next payment when you pick up your March food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

Your Depot:

Next Fees Deadline: Apr. 5, 2013
Next Pick-up Days: April 18 / 19