

# The Wecan Food Basket Society News

October 2013



## Wecan News

**Casino:** Wecan Food Basket Society's casino will be held on Saturday, March 8 and Sunday, March 9, 2014. Volunteers are required for both day and evening shifts for positions ranging from chip runner to cashier and count room staff. All our volunteers must be in place by December 31, 2013. If you are able to volunteer for this fundraising event please call the Wecan office at 780-413-4525. Be sure to specify whether you can work day or evening shift, the day you can work (March 8 or March 9), and the position you would like to fill. Please note that some positions have specific skill requirements so you may not get your first choice.

**Volunteer Appreciation:** Our "Christmas in November" volunteer appreciation event will be held Friday, November 29th at the Edmonton Moravian Church. Depot Coordinators should watch their email for invitations and reply promptly with numbers attending from their depot.

**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 distribution.

**Our Website:** Our new website is currently under construction. We are anticipating a bold new look and up to date information that will be easier to maintain (for us) and easier for you to navigate so you can find the information you need, when you need it. In the meantime, please have patience. Our new look is coming soon.

**2014 Wecan Calendar:** Our 2014 Calendar has now been printed and is ready for distribution through our depots on the November and December Food Basket Pick-Up Days. Many thanks to ColasCanada for the use of their office space and their color printer for this annual project.

## Tips From The Kitchen

### Using What's in Your Pantry:

What's in your pantry? Last month we listed foods that should be included in a basic pantry. Do you have those items, or is your pantry a little different in order to take in your family's food preferences?

This month our suggested recipes will use items from the pantry in conjunction with items in your food basket to make simple, nourishing meals for your family.

For example, the "Oven Apple Pancake" uses apples from the food basket and seasonings, eggs, milk, sugar and flour from the pantry. A great way to start your weekend morning, especially when served with a side of sausages (the turkey sausages from your food basket).

The "Beef and Vegetable Pie" makes use of the lean ground beef from the food basket. Items from your pantry include the frozen mixed vegetables, can of condensed cream of mushroom soup and the beef bouillon powder. Use the lettuce included in the food basket as the basis of a salad to make this a complete meal.

A nutritious breakfast is important for getting your day off to a good start. Many of us tend to skip this meal as we always seem to be in a rush to get out the door on time. This month, we have included a recipe for "Breakfast Bites" which can be made ahead of time in the evening or on the weekend and provide quick, healthy way to start your day. Or they could be packed in a lunch for use as dessert or a snack later in the afternoon. These cookie-like bites will require most of us to do a little extra shopping for the flaxseed and almonds, but these items are available in the bulk sections of most grocery stores and can be purchased in the small quantities required for this recipe.

Happy cooking, baking, and eating!

### For More Information About Wecan Food Basket

Visit our **Website:** [www.wecanfood.com](http://www.wecanfood.com)

Follow us on **Twitter:** @wecanfoodbasket

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

Or **Email** us: [info@wecanfood.com](mailto:info@wecanfood.com)

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$4.84	\$4.38	\$4.84	\$3.99	\$4.75	<b>\$3.50</b>
1 kg Eye of Round Roast	\$16.51	\$13.87	\$9.80	\$12.28	\$12.28	<b>\$7.59</b>
375 g Turkey Sausage	\$4.79	\$5.00	\$4.49	\$3.68	\$5.00	<b>\$3.49</b>
1 kg Bananas	\$1.70	\$1.94	\$1.70	\$1.68	\$1.70	<b>\$1.33</b>
1 kg Bartlett Pears	\$3.95	\$2.84	\$3.28	\$3.24	\$2.80	<b>\$1.63</b>
1 kg Red Delicious Apples	\$4.39	\$4.17	\$3.73	\$4.12	\$4.12	<b>\$2.29</b>
5 lb bag Russet Potatoes	\$3.99	\$4.95	\$2.49	\$1.98	\$2.77	<b>\$1.68</b>
2 lb bag Carrots	\$1.79	\$1.58	\$1.39	\$0.65	\$0.97	<b>\$0.95</b>
3 lb bag Yellow Onions	\$2.49	\$2.49	\$2.98	\$0.97	\$0.97	<b>\$1.19</b>
1 Green Leaf Lettuce	\$1.69	\$1.69	\$1.49	\$1.27	\$1.27	<b>\$1.06</b>
<b>TOTAL</b>	<b>\$46.14</b>	<b>\$42.91</b>	<b>\$36.19</b>	<b>\$33.86</b>	<b>\$36.63</b>	<b>\$24.71</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

## Oven Apple Pancake

- Reprinted from *Breakfasts on the Go* © Company's Coming Publishing

Butter or hard margarine	1/4 cup	60 mL
Brown sugar, packed	3/4 cup	75 mL
Ground cinnamon, light sprinkle		
Apples, peeled, cored and sliced in wedges 1/4 inch (6mm) thick	2	2
Large eggs	3	3
Milk	3/4 cup	175 mL
Salt	1/2 tsp.	2 mL
All-purpose flour	3/4 cup	175 mL

Melt butter in 9 inch (23 cm) pie plate in 425°F (220°C) oven.

Stir brown sugar into melted butter. Sprinkle with cinnamon. Overlap apples in single layer. Cook in oven for 10 minutes.

Beat eggs in medium bowl. Add milk, salt and flour. Stir to moisten. Don't try to smooth out small lumps. Pour over apples. Return to oven. Bake for 20 to 25 minutes. Cut into wedges.  
- Serves 6

## Beef and Vegetable Pie

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

Cooking oil	2 tsp.	10 mL
Lean ground beef	1 lb	454 g
Frozen mixed vegetables	2 cups	500 mL
Can of condensed cream of mushroom soup	10 oz.	284 mL
Beef bouillon powder	1 tsp.	5 mL
Onion powder	1/2 tsp.	2 mL
Pepper	1/4 tsp.	1 mL

Pastry for 2 crust 9 inch (22 cm) pie, your own or a mix

Heat cooking oil in large frying pan on medium. Add ground beef. Scramble-fry for about 10 minutes until no longer pink. Drain. Transfer to medium bowl. Cool. Add next 5 ingredients. Stir.

Divide pastry into 2 portions, making 1 portion slightly larger than the other. Shape each portion into slightly flattened disc. Roll out larger portion on lightly floured surface to about 1/8 inch (3 mm) thickness. Line 9 inch (22 cm) pie plate. Spoon beef mixture into shell. Roll out smaller portion on lightly floured surface to about 1/8 inch (3 mm) thickness. Dampen edge of shell with water. Cover beef mixture with pastry. Trim and crimp decorative edge to seal. Cut 2 or 3 small vents in top to allow steam to escape. Bake on bottom rack in 400°F (205°C) oven for 15 minutes. Reduce heat to 350°F (175°C). Bake for another 35 to 40 minutes until golden. Let stand on wire rack for 10 minutes before serving. Cuts into 6 wedges.

## Breakfast Bites

- Reprinted from *Breakfasts on the Go* © Company's Coming Publishing

Large egg, fork-beaten	1	1
Overripe medium banana, mashed	1	1
Grated carrot	1 cup	250 mL
Sliced natural almonds, toasted (see Tip, below)	1/2 cup	125 mL
Brown sugar, packed	1/2 cup	125 mL
Unsweetened applesauce	1/4 cup	60 mL
Vanilla extract	1/4 tsp.	1 mL
Whole-wheat flour	1 cup	250 mL
Quick-cooking rolled oats	1/2 cup	125 mL
Flaxseed	1/4 cup	60 mL
Baking soda	1/2 tsp.	2 mL
Salt	1/2 tsp.	2 mL
Ground cinnamon	1/4 tsp.	1 mL

Combine first 7 ingredients in large bowl.

Add remaining 6 ingredients. Stir until no dry flour remains. Drop by rounded tablespoonfuls about 1 inch (2.5 cm) apart onto greased cookie sheet. Bake in 350°F (175°C) oven for about 12 minutes until set and bottoms are browned. Remove bites from cookie sheet and place on wire rack to cool. Makes 24 bites. Store in an airtight container for up to a week, or freeze for up to three months.

**Tip:** When toasting nuts, seeds or coconut, cooking times will vary for each type of nut—so never toast them together. To toast nuts, seeds or coconut, place them in an ungreased shallow frying pan. Heat on medium for 3 to 5 minutes, stirring often, until golden. To bake, spread them evenly in an ungreased shallow pan. Bake in a 350°F (175°C) oven for 5 to 10 minutes, stirring or shaking often, until golden.



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



**Don't Forget! The deadline for your next Food Order is November 8. You can submit your next payment when you pick up your June food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!**

**Your Depot:**

**Next Fees Deadline: Nov. 8, 2013**  
**Next Pick-up Days: Nov. 21 / 22**