

## Upcoming Events:

**Deadline for your next food order: June 7, 2019**

**Next depot pick-up days: June 20 / 21, 2019**

### Memberships:

Your WECAN membership is only \$5 per family annually. It can be purchased from your depot coordinator any time. Our membership year is from April 1<sup>st</sup> to March 31<sup>st</sup>.

### WECAN Casino

**Date:** July 26 and 27, 2019

**Location:** Century Casino (13103 Fort Road, Edmonton)

### Annual General Meeting

**Date:** Saturday, May 25, 2019

**Time:** 10:00 a.m. – Noon

**Place:** Edmonton Moravian Church (9540 – 83 Avenue)



**WECAN**  
Food Basket  
Society

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THE GROCERY PEOPLE  
**WAREHOUSE MARKET**



**Your Depot:**

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## FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

### WECAN Annual General Meeting

The Annual General Meeting of the WECAN Food Basket Society of Alberta is scheduled for Saturday, May 25, 2019, 10:00 a.m. to Noon. at the Edmonton Moravian Church (9540 83 Avenue, Edmonton). The Annual Report for our society will be presented at this meeting and the board of directors for the coming year will be chosen. WECAN will also be honoring its volunteers by presenting long service awards to those volunteers reaching 5, 10, and 15-year milestones.

All our members are encouraged to attend. Light refreshments will be served.

### WECAN Casino

Our next Casino will be held Friday, July 26<sup>th</sup> and Saturday, July 27<sup>th</sup> at Century Casino (13103 Fort Road). This date is approaching quickly, and we need volunteer help. Many positions are available from chip-runner to count room staff to cashier, and shifts include both day and evening. If you can help, please call our office at (780) 413-4525.

### Office Changes at WECAN

Once again, change is upon us. Merlyn McKay-Barbeau is no longer working in our office. Many of our members have gotten to know Merlyn as the voice on the other end of the phone when they have called our office for information or to give us feedback about their food order. Some of you have been fortunate enough to meet her at one of our functions over the years.

Merlyn began her career with WECAN when our office was still in St. Brendan's school and stayed with us through the sometimes-difficult transition to our current location in the Food Bank Annex. In addition to her other duties, she has diligently posted information to our Facebook page and has kept our website as up to date as possible.

We thank Merlyn for her years of service to WECAN and wish her well in the future.

## Cooking with Your WECAN Food Basket Menu

### Chicken Waldorf Sandwich

- Recipe courtesy of Save-On-Foods "Healthy Recipes"

Light mayonnaise	1/3 cup	75 mL
Balsamic vinegar	2 tbsp.	30 mL
Lemon juice	1 tbsp.	15 mL
Granulated sugar	1 tbsp.	15 mL
Chopped cooked chicken	1 ½ cup	375 mL
Broccoli florets, chopped finely	1 cup	250 mL
Granny Smith, or other tart apple, cored, diced	1	1
Toasted walnuts or shelled sunflower seeds	¼ cup	60 mL
Whole wheat pita rounds, halved	2-3	2-3

In a small bowl, combine light mayonnaise, balsamic vinegar, lemon juice and sugar. Set aside.

In a medium bowl, combine chicken, broccoli florets, diced apple, and nuts or seeds. Add mayonnaise mixture and toss to coat.

Spoon chicken mixture into pita halves. Chicken mixture will keep in the refrigerator for 3 to 4 days. To avoid a soggy sandwich, assemble pita just prior to eating or no earlier than the night before. Wrap tightly to transport.

**Health tip:** Fibre-rich broccoli supplies beta-carotene, vitamin C and folic acid. It is also a source of sulforaphane, a plant compound with cancer-fighting ability.

Food Basket Item	Safeway / Sobeys	No Frills	Save On	Real Cdn. SuperStore	Walmart	WECAN
500 g Lean Ground Beef	\$ 6.83	\$ 5.35	\$ 7.00	\$ 5.35	\$ 6.00	\$ 4.75
1 kg Chicken Drums	\$ 6.34	\$ 6.07	\$ 4.39	\$ 10.68	\$ 6.81	\$ 5.59
1 pkg. Chicken Sausage	\$ 4.99	\$ 3.00	\$ 4.99	\$ 4.28		\$ 3.99
1 kg Bananas	\$ 1.70	\$ 1.70	\$ 1.74	\$ 1.70	\$ 1.92	\$ 1.67
3 Oranges	\$ 2.22	\$ 4.64	\$ 4.47	\$ 4.21	\$ 2.28	\$ 1.98
3 Royal Gala Apples	\$ 2.95	\$ 3.15	\$ 3.03	\$ 3.45	\$ 2.50	\$ 1.68
5 lb. Russet Potatoes	\$ 6.45	\$ 1.97	\$ 2.99	\$ 2.99	\$ 2.49	\$ 2.74
2 lb. Carrots	\$ 2.99	\$ 2.50	\$ 2.50	\$ 2.48	\$ 2.97	\$ 1.49
1 bunch Broccoli	\$ 2.99	\$ 2.97	\$ 3.94	\$ 3.97	\$ 5.94	\$ 1.73
<b>TOTAL</b>	<b>\$ 37.46</b>	<b>\$ 31.35</b>	<b>\$ 35.05</b>	<b>\$ 39.11</b>	<b>\$ 30.91</b>	<b>\$ 25.62</b>

### Mom's Meat Loaf

- Heather Miller, as printed in *WECAN Cooks*

1 – 500 g pkg. ground beef	½ cup chopped onion
1 egg	Parsley flakes, dried or fresh
1 cup milk	Salt and pepper
1 cup rolled oats	

Mix everything in a big bowl and pack into a loaf pan. Spread a few tablespoons of ketchup over the top for a nice topping.

You can also grate some cheddar cheese over the top, but it's optional.

Bake at 350°F for 1 hour and 15 minutes.

### Broccoli Pasta Bake

- Reprinted with permission from *Everyday Delicious 2008* by the ATCO Blue Flame Kitchen

4 cups (1 L) fusilli pasta
4 cups (1L) small broccoli florets
2 tbsp. (25 mL) butter
½ cup (125 mL) chopped onion
1 clove garlic, finely chopped
1/3 cup (75 mL) flour
1 tsp. (5 mL) salt
¼ tsp. (s mL)) freshly ground pepper
1/8 tsp (o.5 mL) cayenne pepper
1/8 tsp. (0.5 mL) nutmeg
4 cups (1 L) milk
1 ½ cups (375 mL) shredded mozzarella cheese
½ cup (125 mL) freshly grated Parmesan cheese
1 cup (250 mL) soft fresh bread crumbs
2 tbsp. (25 mL) butter, melted
1/8 tsp. (0.5 mL) garlic powder.

Cook fusilli according to package directions, adding broccoli for last 3 minutes of cooking; drain. To prepare sauce, melt 2 tbsp (25 mL) butter in large saucepan over medium heat. Add onion and garlic; sauté for 2 minutes. Combine flour, salt, pepper, cayenne pepper and nutmeg in a bowl. Gradually whisk in milk until blended. Add milk mixture to onion mixture and bring to a boil. Reduce heat and simmer, stirring frequently, until thickened. Combine sauce, cooked fusilli and broccoli, mozzarella cheese and Parmesan cheese. Spoon mixture into a greased 9x13 inch (23x33 cm) baking dish. Combine bread crumbs, melted butter and garlic powder. Sprinkle over fusilli mixture. May be prepared to this point and refrigerated for up to 24 hours. Remove from refrigerator and let stand for 20 – 30 minutes. Bake, uncovered, at 350°F (180°C) for 50 – 55 minutes or until bubbly and heated through. Serves 6