

Upcoming Events:

Deadline for your next food order: Oct. 4, 2019

Next depot pick-up days: Oct. 17 / 18, 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 1st to March 31st.

Volunteer Appreciation Luncheon

Date: Saturday, Nov. 30, 2019 (time is not yet set)

Location: Moravian Church, 9540 83 Ave., Edmonton

Mark your calendars, volunteers!



WECAN
Food Basket
Society

12122-68 St. N.W.
Edmonton AB T5B 1R1

Phone: 780-413-4525

Email: info@wecanfood.com

Website: www.wecanfood.com

Charitable Reg. #891381394RR00001

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

THE GROCERY PEOPLE
WAREHOUSE MARKET



Your Depot:

Issue: 19-09
September 2019

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN Board of Directors

The board would like to welcome two new members - Chelsea Yarmuch and Steven Lack. Your board for 2019-2020:

Sacha Deelstra, Chair
Sandra McFadyen, Vice Chair
Dawn Arnold, Secretary
Samantha Frampton, Treasurer
Paige Blaney
Bernadiene Hsie
Keith Kasha,
Christine McVea
Steven Lack
Chelsea Yarmuch.

Brick and Whiskey Public House Charity Golf Tournament

The Brick and Whiskey Public House at 8937 Whyte Ave., sponsored a golf tournament (Sunday, August 18) and WECAN was the lucky charity they partnered with. The tournament was a huge success! We send out a big THANK YOU to Brick and Whiskey for their \$1,000 donation to WECAN.



PARTNERED WITH



Depot News

The new Clareview depot will be opening as a halal depot. Please note that WECAN does not supply the halal meat.

We are sad to tell you that the Glengarry, Legal and Barrhead depots have closed down and that the Wetaskiwin depot is closed until further notice.

WECAN Member Survey

Thank you for taking a few minutes to complete the WECAN member survey and helping us in our efforts to offer the best program possible.

We've Moved!

As of September 1, 2019

We are now located at:
Jerry Forbes Centre
12122 68 Street NW
Edmonton, AB
T5B 1R1



Phone: (780) 413-4525
 admin@wecanfood.com
 www.wecanfood.com

The WECAN office has moved. We have changed from a landline to Grasshopper internet phones using the same phone number (780) 413-4525. There are still some hiccups, but we are working on them.

Storing Celery

Keep celery heads whole, wrap them up tightly in aluminum foil and then keep them in the refrigerator as usual. Plastic bags trap in the ethylene gas the celery produces, hastening its deterioration. Aluminum foil allows this gas to escape, so the celery stays fresh and crisp longer. The aluminum foil can be reused to store multiple rounds of celery.

Food Basket Item	Safeway / Sobeys	No Frills	Save On	Real Cdn. SuperStore	Walmart	WECAN
Lean Ground Beef (750 g)	\$ 10.73	\$ 10.50	\$ 10.50	\$ 10.50	\$ 9.37	\$ 7.12
Pork Tenderloin (900 g)	\$ 9.90	\$ 13.83	\$ 18.83	\$ 15.73	\$ 9.90	\$ 8.00
Pork Alternate: Whole Chicken (1.4 kg)	\$ 12.32	\$ 9.17	\$ 13.86	\$ 13.27	\$ 9.05	\$ 8.00
Bananas (1 kg)	\$ 1.74	\$ 1.70	\$ 1.70	\$ 1.70	\$ 1.93	\$ 1.67
Gala Apples (3)	\$ 2.00	\$ 1.97	\$ 3.30	\$ 2.28	\$ 2.37	\$ 1.55
Kiwi (3)	\$ 2.37	\$ 2.31	\$ 2.37	\$ 2.31	\$ 2.31	\$ 1.46
Carrots (2 lb)	\$ 1.49	\$ 2.47	\$ 2.39	\$ 2.88	\$ 1.98	\$ 2.02
Celery Stalk (1 bunch)	\$ 1.99	\$ 1.97	\$ 2.21	\$ 1.47	\$ 2.97	\$ 1.20
Russet Potatoes (5 lb)	\$ 5.99	\$ 3.98	\$ 4.99	\$ 3.98	\$ 4.97	\$ 2.12
TOTAL	\$ 36.21	\$ 38.73	\$ 46.29	\$ 40.85	\$ 35.80	\$ 25.14

Cooking with Your WECAN Food Basket

Herb and Garlic Baked Pork Tenderloin

- Reprinted with permission from atcoblueflamekitchen.com/recipes

1 tbsp	Oil	15 mL
½ tsp	Rosemary, crumbled	2 mL.
½ tsp	Thyme, crumbled	2 mL.
½ tsp	Paprika	2 mL
½ tsp	Freshly ground pepper	2 mL
¼ tsp	Garlic powder	1 mL
¼ tsp	Salt	1 mL
2	Pork tenderloins (1 lb./500g. each)	15 mL



Combine all ingredients except pork in a heavy plastic bag.

Add pork and squeeze bag to coat pork with seasoning mixture.

Remove pork from bag and place in a small roasting pan.

Bake, uncovered, at 425°F (220°C) for 35-40 minutes or until a meat thermometer registers 160°F (71°C).

Let stand for 5 minutes before slicing.

Roasted Carrots With Thyme

- Reprinted with permission from atcoblueflamekitchen.com/recipes

4 cups	Carrots, sliced diagonally (about ½ in./1.25 cm.)	1 L
1 tbsp	Oil	15 mL.
½ tsp	Thyme, crumbled	2 mL
½ tsp	Salt	2 mL
¼ tsp	Freshly ground pepper	1 mL
1 tbsp	Thinly sliced green onion	15 mL
1 tsp.	Grated lemon peel (or 1 tbsp. juice)	5 mL



Thoroughly combine carrots, oil, thyme, salt and pepper. Place carrots in a single layer in a greased shallow baking pan.

Bake at 425°F (220°C) for 30-35 minutes or until carrots are tender and lightly browned; stir occasionally.

Toss with lemon peel (or juice) and green onions.