

Upcoming Events:

Deadline for your next food order: Dec. 6, 2019
Next depot pick-up days: Dec. 19 / 20, 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.

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.

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

THE GROCERY PEOPLE
WAREHOUSE MARKET



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

Phone: 780-413-4525

Email: info@wecanfood.com

Website: www.wecanfood.com

Charitable Reg. #891381394RR00001

Your Depot:

Issue: 19-11
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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Canada's food guide

Healthy Eating on a Budget

Healthy eating on a budget can be made easier with these ideas from Canada's food guide:

Stick to your list. Buying only what is on your grocery list will help you avoid impulse buys.

Shop for sales. Check out flyers, coupons, mobile apps and websites for deals on foods that are on your list. Look for reduced prices; products getting close to their best before dates and oddly shaped or slightly bruised produce may be offered at a lower price.

Compare prices. If available, compare the unit price on the shelf label to know which product is the least expensive. In grocery stores where price-matching is offered, use flyers to price match products on sale. Scan different shelves; companies pay more to place their products at eye level. You may find other versions of the same foods on higher or lower shelves. Foods sold in single-serve packaging can be more expensive. Buy the full size or family size version and split it up yourself.

Stock up. Stock up on canned goods and staples when they are on sale. Buying foods in bulk can help you save money, but be careful not to buy more than you need as this can lead to waste.

Consider the Season. Fresh vegetables and fruits are usually less expensive when they are in season. Frozen and canned vegetables and fruits are also healthy options. They can be less expensive than fresh produce when it is out of season.

Choose plant-based protein foods more often. Beans, lentils and other legumes are inexpensive protein foods. Use them in your meals several times a week.

Limit highly processed foods. They are usually low in vitamins and minerals and can cost more.

Set a budget. Decide how much you will spend on groceries each month.

Explore grocery stores. Shop at discount grocery stores which offer lower prices. Check with your grocery store to see if it offers any discounts. Some stores offer discount days – for seniors, for students or for everyone.

Cooking with Your WECAN Food Basket

Have your roast chicken dinner and if you're lucky enough to have leftovers, try one of these chicken soups the following day. Use prepared stock or make your own.

Creamy Chicken, Corn and Vegetable Chowder

- Excerpted from www.bestofbridge.com RobertRose Inc. www.robertrose.ca. Reprinted with permission.

This recipe makes great use of leftover roasted turkey and stock too – often we'll use a meaty stock that has not been strained, rather than measure out leftover roast chicken or turkey. This soup is equally delicious with leftover chopped ham in place of the chicken.

As with most soups, ingredients can be played with and measurements are approximate – use what you like, add more carrots if you like carrots, add a handful of baby spinach (we did when we reheated the leftovers) or chopped kale or chard.

Soup is infinitely versatile, inexpensive and can be frozen for a quick meal down the road.

	Canola or olive oil for cooking	
1	Large onion, finely chopped	1
1	Stalk of celery, chopped	1
1	Carrot, chopped	1
1 cup	Leftover shredded roasted chicken or turkey	250 mL
2 tbsp	Flour	30 mL
1 tsp	Thyme	5 mL
4 cups	Chicken stock	1L
1 or 2	Small thin-skinned potatoes, unpeeled and diced	1 or 2
1 cup	Sweet kernel corn	250 mL
½ cup	Half and half cream (or to taste)	125 mL
	Salt and pepper to taste	

Drizzle some oil into a large saucepan set over medium-high heat. Add the onion, celery and carrot and cook until soft. Add the chicken or turkey, sprinkle with the flour and thyme and cook, stirring, for another minute. Stir in the stock, add the potatoes and bring to a simmer.



Reduce heat, cover and cook until the potatoes are tender.

Stir in the corn and cream if you're using it., and allow the chowder to return to a gentle simmer. Season to taste with salt and pepper.

Serves 4.

Chicken and Barley Soup with Greens

- Excerpted from www.bestofbridge.com RobertRose Inc. www.robertrose.ca. Reprinted with permission.

This is a slightly heartier version of a classic chicken noodle soup; using barley instead of noodles boosts fibre and other nutrients, but you could swap regular egg noodles too. They'll take less time to cook – about ten minutes. The addition of greens makes it even more nutrient-dense and rich in vitamin C – a good thing when you're trying to beat the sniffles.

	Canola oil, for cooking	
1	Onion, chopped	1
1	Carrot, diced	1
1	Celery stalk, diced	1
1-2 cups	Leftover roast chicken, chopped	250-500mL
4 cups	Chicken or vegetable stock	1 L
½ cup	Pearl or pot barley	125 mL
1	Sprig of thyme	1
	Salt and freshly ground pepper to taste	
	A handful of fresh or frozen baby spinach or torn kale	

In a large saucepan or small Dutch oven, heat a drizzle of oil over medium-high heat. Saute the onion, carrot and celery for a few minutes, until soft.



Add the chicken, stock, barley, thyme and 1 cup of water and bring to a simmer; cook for 30 minutes, or until the barley is tender. Remove the sprig of thyme, season with salt and pepper as needed, add a handful of baby spinach or torn kale to the pot and stir until it wilts.

Serve immediately.

Food Basket Item	Safeway / Sobeys	No Frills	Save On	Real Cdn. Super Store	Walmart	WECAN
Lean Ground Beef (500 g)	\$ 7.71	\$ 7.00	\$ 7.00	\$ 7.00	\$ 6.25	\$ 4.75
Whole Chicken (1.65 kg)	\$ 14.52	\$ 6.44	\$ 16.34	\$ 12.09	\$ 10.68	\$ 10.00
Bananas (1 kg)	\$ 1.74	\$ 1.70	\$ 1.70	\$ 1.96	\$ 1.93	\$ 1.67
Gala Apples (3)	\$ 2.96	\$ 1.97	\$ 3.45	\$ 1.77	\$ 1.77	\$ 1.13
Oranges, Medium (3)	\$ 5.16	\$ 3.31	\$ 4.47	\$ 4.47	\$ 3.30	\$ 1.69
Lettuce, Green Leaf (1 pkg)	\$ 3.99	\$ 2.47	\$ 1.99	\$ 1.98	\$ 2.47	\$ 1.65
Carrots (2 lb bag)	\$ 1.99	\$ 1.97	\$ 2.99	\$ 1.97	\$ 1.96	\$ 1.88
Broccoli (1 bunch)	\$ 2.99	\$ 2.97	\$ 3.95	\$ 2.98	\$ 2.97	\$ 2.09
TOTAL	\$ 41.06	\$ 27.83	\$ 41.89	\$ 34.22	\$ 31.33	\$ 24.86