



# FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Issue 21-12  
December 2021

## A Message from the Chair...

It's that time year again. The stores and malls are filling our senses with lights and sounds as they try to convince us of the next best shopping deal. The television is overflowing with advertisements and holiday specials that suggest this time of year won't be perfect unless we have that expensive item or experience to complete our lives. There is an urgency everywhere coaxing us to become something or someone that will somehow fulfill us and make our lives happy and complete.

It's so easy to become overwhelmed with sensory overload, a busy calendar, and guilt to create perfection. I would encourage you to invest a few moments in reconsidering what is most important to you. What do you really care about? I thought about this question too as I try to navigate the overload of information during this holiday season. For me, deep down, what is really important is to have and share

share peace and hope. What might that look like? A warm cup of tea and few moments of remembering the people who have blessed me over the year and a word of hope for their wellness and prosperity.

Through this holiday season, I would encourage you to try to dial down the noise so that space might be made for what you care most about. You are worth it and I hope it brings you joy.

From our staff and each of us on the Board of WECAN Food Basket Society, we wish you an abundance peace and hope so that you too might share it freely with others.

Be well.

*Sandra McFadyen*

Sandy McFadyen, Board Chair

## Comings and Goings ...

### Farewell

We bid farewell to Gwen McBain, our interim Administrative Assistant.

Gwen generously came in at the last minute, to help us out for a few months until a new AA could be found. She jumped right in using her knowledge of the WECAN operation from previous volunteering in the office, which made for a smooth transition.

We all wish her well in her studies. Good Luck, Gwen!

### Welcome

We are very delighted and excited to welcome our new Administrative Assistant, Mariam Jamaly, who comes to us from the far, far north – Westlock. Can you believe she drives in to our office four days a week? That's dedication!

Mariam fit right in from day one, like she'd been there all along. When you call in, you will most likely be speaking with this remarkable lady, who just might make your day a bit brighter.

Mariam, we are so pleased you chose us!

## Thank you...

To everyone who contributed to WECAN on November 30, Giving Tuesday. We exceeded our goal and received \$570!

## To Be a Volunteer...

To be a volunteer, it takes...

*Generosity* - a willingness to give your time to others

*Understanding* - because their lives might be very different from your own

*Empathy* - an ability to put yourself in someone else's shoes and feel what they must feel

*Compassion* - to truly care about making someone else's life better

*Patience* - because the process doesn't always go as smoothly as it might

*Dedication* - to stick with the project and see it through

You've shown these qualities and so much more, so thank you for all that you do.

*A Heartfelt Thank You*

**TO ALL OF  
OUR AMAZING  
VOLUNTEERS!**

We couldn't do it without you!

## EASY MEXICAN CHICKEN AND RICE SOUP

Yield: 6 servings

### Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 yellow or white onion, diced
- 6 carrots, sliced into coins
- 6 celery stalks, thinly sliced
- 8 cloves garlic, minced
- 1 zucchini, chopped
- 2 bone-in skin-on chicken thighs
- a few sprigs fresh thyme or oregano
- 2 quarts chicken stock
- 1 teaspoon kosher salt
- freshly ground black pepper
- cooked rice (or any other grain of your choice: farro and quinoa work great, and it's a perfect use of leftovers!)

### Directions

- In a large soup pot, warm the olive oil over medium-high heat. Add the onion, carrot, celery, garlic, and zucchini, and sauté for about 10 minutes. Add the chicken and thyme, then pour in the chicken stock. You may need to add a cup or so of water to make sure the chicken is completely submerged. Season with salt and pepper.
- Turn it up to high and let the soup come to a simmer, skimming off any foam that rises to the top. Reduce heat to low, and allow to simmer for 1 1/2 hours.
- Remove the chicken from the soup, and shred the chicken into bite-sized pieces, discarding the skin and bones. Return chicken to the soup pot to warm through. Check for seasoning and add a little more salt if needed.
- To serve, place a scoop of cooked rice into individual bowls, then ladle the soup over.
- *Optional:* Top with avocado, cilantro, jalapeno (if using), and lime wedges. Eat!

From <https://candlestyles.com>

## COMPANY CRUSTED PORK TENDERLOIN

Serves: 4

### Ingredients

#### Breadcrumb Mixture

- 1/4 cup bread crumbs
- 1/4 cup rosemary, chopped
- 3 tablespoons Parmesan
- 2 teaspoons dried thyme

#### Mustard Mixture

- 2 tablespoons Dijon mustard
- 1 teaspoon caraway seeds
- 2 teaspoons bottled minced garlic

### Directions

- Preheat oven to 450. Season pork with salt and pepper.
- Rub Mustard Mixture all over, then dredge in breadcrumb mixture.
- Place on a cooking sheet that has cooking spray on it.
- Bake at 450 for 25 minutes, or until just pink but done in the center, 160 degrees.
- Let stand for 10 minutes then cut in and enjoy!

From: [GOODSPOON https://food52.com](https://food52.com)

### CAULIFLOWER TIP!

While everyone's tolerance is different, **too much cauliflower can create G.I. distress**, like excess gas and bloating. Make sure to drink enough water to move it through your system. Cooking it can also dial back digestion woes.

**Deadline for the next food order is  
January 7, 2022  
Order pick-up:  
January 20<sup>th</sup> and 21<sup>st</sup>**

## Cauliflower Benefits

Cauliflower is a cruciferous vegetable that looks like a white version of its cousin, broccoli. Like broccoli, the tightly bunched florets of cauliflower are connected by a thick core, often with a few light leaves surrounding it.

While white is the most common color, you'll also find cauliflower in shades of orange, purple, and green. No matter the color, the taste is the same: mild, slightly sweet, a little nutty.

Cauliflower originally came from the Mediterranean region and arrived in Europe around the end of the 15th century. It's an offshoot of a type of wild cabbage that's also the ancestor of *kale*, Brussels sprouts, and kohlrabi.

### Nutritional Profile

A serving is 1 cup, or about 100 grams, of chopped cauliflower. One serving of raw or cooked cauliflower has:

- 25 calories
- 0 grams of fat
- 5 grams of carbohydrates
- 2 grams of dietary fiber
- 2 grams of sugar
- 2 grams of protein
- 30 milligrams of sodium

As for vitamins and nutrients, one serving of cauliflower has:

- 100% of the daily recommended amount of vitamin C
- About a quarter of daily vitamin K
- 2% of daily calcium and iron
- 6% of daily potassium
- More than 3 % of daily magnesium

### Health Benefits

Of the 100 grams of cauliflower in one serving, 92 grams are water. That means this veggie can help keep you hydrated. It's also a good source of fiber.

Cauliflower has a group of substances known as glucosinolates. As you chew and digest it, these substances are broken down into compounds that may help prevent cancer -- they help protect cells from damage and have anti-inflammatory, antiviral, and antibacterial effects.

### Price Comparison (\$)

		Walmart	Sobeys	Superstore	Save-On	No-Frills	WECAN
Bananas	1 kg	1.46	1.74	1.74	1.70	1.75	1.67
Oranges	4.00	3.09	4.56	2.76	3.44	3.12	2.77
Pears - Bartlett	4	3.44	2.92	3.68	4.68	4.40	1.99
Cauliflower	1 head	4.97	4.00	3.99	4.39	2.88	3.65
Cabbage	1 head	1.70	4.99	2.55	2.84	2.55	1.50
Lettuce - Green	1 bunch	2.97	3.19	2.99	3.49	2.99	1.70
Carrots	2 lb bag	1.65	2.49	2.49	1.99	2.49	1.97
Produce Sub-total		19.28	23.89	20.20	22.53	20.18	15.25
Lean Grd Beef	1 kg	12.94	13.21	14.00	14.00	14.00	10.99
Pork Tenderloin	1 kg	15.37	23.36	17.61	13.20	17.61	10.00
Chicken Thighs	1.2 kg	9.18	18.52	7.30	13.20	6.60	9.44
Lean Grd Beef	1 kg	12.94	13.21	14.00	14.00	14.00	10.99
Meat Sub-total		28.31	36.57	31.61	27.20	31.61	20.99
No-Pork Meat Sub-total		22.12	31.73	21.30	27.20	20.60	20.43
BASKET TOTAL		47.59	60.46	51.81	49.73	51.79	36.24
No-Pork BASKET TOTAL		41.40	55.62	41.50	49.73	40.78	35.68



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happy  
HOLIDAYS!