

Upcoming Events:

Deadline for the next food order: October 8, 2021
Order Pick-up: October 21st & 22nd

Memberships: Your WECAN membership is only \$5 per family annually. It can be purchased from your depot coordinator or online 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.

Thankyou to the following businesses and organizations for their help and support:



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

Phone: 780-413-4525

Email: info@wecanfood.com

Website:

www.wecanfood.com

WECAN accepts money donations from members, past members, friends and family of members, as well as businesses. A taxable charitable donation receipt will be issued. Please consider donating to your organization.

Your Depot:

Charitable Reg. #891381394RR00001

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WECAN Food Basket Bulletin

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN IMPORTANT UPDATES



Please remember that these rates are in effect when you pay for your October order.

The change reflects current trends in product costs. Price increases occur every 10 years and are in accordance with the decision of the WECAN Membership at the most recent AGM.

Our AB Ave depot on 95th street is renamed to **Sprucewood Depot**. The location remains the same: Bethel Gospel Chapel, 11461 95 St, Edmonton, AB T5G 1L3. Depot day is Friday.

A big welcome to our latest depot that started operations in July! It is called **Alberta Ave. Depot** on Alberta Avenue Community League, 9210 118 Ave NW, Edmonton, AB T5G 0N4. Depot day is Thursday.

Fruit of the month - Pear

This tasty breakfast fruit rich in soluble and insoluble fiber is well-beloved for the many ways it can be prepared – canned, garnished, juiced, jellied, cidered, dried. To get the most digestive benefits out of a pear, however, it is best to eat it washed, raw and with the skin intact. This is because uncooked a single unpeeled medium sized pear contains about 2-6 grams of overall fiber – a significant anti-inflammatory for digestion, heart and brain health! Most Americans routinely get less than half of their minimum fiber daily intake (nutritionfacts.org). Simply boosting a morning oatmeal with some chopped pear stands to benefit us top to bottom. (HealthLine). Also, loaded with antioxidants, such as procyanidins and quercetin, pears serve in the fight against stroke. One 10-year study of over 20,000 participants determined that every 25 grams of white-fleshed fruit eaten daily decreased stroke risk by 9% (National Library of Medicine: pubmed.ncbi.nlm.nih.gov). With one medium pear weighing in at about 178 grams, we're very excited to offer pears this month!

Cooking with Your WECAN Food Basket

HAMBURGER POTATOE CASSEROLE

- From WECAN COOKS Cookbook. Recipe by Robert Hopgood

Ingredients

- 1 lb. lean ground beef
- 3 c. peeled and thinly sliced potatoes
- 1 10.75 oz. can condensed cream of mushroom soup
- ½ c. chopped onion
- ¾ c. milk
- Salt to taste
- Freshly ground pepper to taste
- 1 c. shredded cheddar cheese

Directions

- Preheat oven to 350 F (175 C)
- In a medium skillet, over medium heat, brown the ground beef and then drain the fat.
- In a medium mixing bowl, combine cream of mushroom soup, onion milk, salt and pepper to taste.
- Alternatively layer the potatoes, soup mixture, and meat in a 11x7 inch (2 quart) baking dish. Bake in the preheated oven for 1 to 1 ½ hours, or until potatoes are tender. Top with cheddar cheese and continue baking until cheese is melted.

PORK TENDERLOIN CASSEROLE

- From WECAN COOKS Cookbook. Recipe by June Carson

Ingredients

- 1 lb. pork tenderloin
- Flour to dredge
- 1 to 2 tbsp. butter
- 1 medium onion, chopped
- 1 can consommé soup
- 1 tsp. thyme and parsley
- 1 bay leaf
- Salt and pepper
- ½ lb. mushrooms, sliced

Directions

- Cut the pork tenderloin into bite size pieces. Dredge in flour and sauté in butter along with the chopped onion. Remove from pan.
- To the pan add consommé, a little thyme and parsley, bay leaf, salt and pepper. Heat and add the meat back in plus ½ pound of sliced mushrooms. Cover and simmer until tender.
- Thicken with a little corn-starch if necessary.

CUCUMBER PEAR SMOOTHIE

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Ingredients

- ¼ cucumber, chopped
- 1 pear, chopped
- ¼ cup frozen pineapple
- 2 tbs drained canned white beans
- 1 tbs chopped fresh parsley
- ½ tsp grated fresh ginger
- ½ water, or as desired

Directions

- Layer cucumber, pear, pineapple, white beans, parsley, and ginger in a blender; add water.
- Cover and blend mixture until smooth, adding more water for a thinner smoothie.

ABC Pudding –AVACADO, BANANA CHOCOLATE DELIGHT

- Printed with permission from ALLRECIPES.COM

Ingredients

- 4 very ripe bananas
- 1 ripe avocado, peeled and pitted
- ¼ c. unsweetened cocoa powder, plus more for garnish

Directions

- Place avocados, bananas, and cocoa powder in a blender; puree until smooth.
- Pour pudding into serving bowls. Sprinkle a garnish of extra cocoa powder on top
- Chill 1 hr. in fridge for texture and flavor to develop.

Price Comparison Sep. 2021

Food Basket Item	No Frills	Save on Foods*	Superstore	Walmart	WECAN
Lean Ground Beef (500 g)	\$ 7.00	\$ 7.00	\$ 7.00	\$ 5.26	\$ 5.00
Pork Tenderloin (2x 450 g)	\$ 10.87	\$ 18.81	\$ 11.84	\$ 13.83	\$ 9.49
Bananas (1 bunch)	\$ 1.70	\$ 1.70	\$ 1.70	\$ 1.23	\$ 1.67
Orange (3)	\$ 1.74	\$ 6.60	\$ 1.47	\$ 2.76	\$ 1.62
Pear (3)	\$ 2.22	\$ 3.12	\$ 1.02	\$ 2.61	\$ 1.71
Apple (2)	\$ 0.88	\$ 1.25	\$ 1.84	\$ 1.58	\$ 0.92
Broccoli (1 bunch)	\$ 2.97	\$ 3.96	\$ 1.98	\$ 1.97	\$ 1.63
Cucumber (1 long english)	\$ 0.97	\$ 1.99	\$ 1.68	\$ 1.27	\$ 1.53
Onions (3 lb bag)	\$ 2.97	\$ 4.48	\$ 1.87	\$ 1.97	\$ 1.86
TOTAL	\$ 31.32	\$ 48.91	\$ 30.40	\$ 32.48	\$ 25.43
Chicken Thigh (1.25 kg)	\$ 5.18	\$ 12.63	\$ 9.86	\$ 5.43	\$ 9.99

* SAVE ON FOODS oranges - no medium oranges to compare this month. Large was used.