

FOOD BASKET BULLETIN

Newsletter of the WECAN Food Basket Society of Alberta

Issue 21-10
October 2021

A Message from the Chair...

Happy Autumn!

As I watch the leaves turning to amazing shades of yellow, orange and red and now fluttering to the ground with the breeze, I give a little shiver with the reminder that winter is on the way and the ice and snow are just around the corner. As tempted as I am to hunker down in the cooler weather and pretend that I'll be able to hibernate for the winter, I know that not only is it bad for my health, but it would also rob me of the opportunity to connect with the people and things that matter dearly to me. I would encourage you to stay in touch with those individuals or families in your life that would dearly appreciate hearing from you and asking how they're holding up too.

When you make those connections, please encourage them to have a look at WECAN Food Basket's latest fundraising campaign: our **WECAN All Walk for Food Security** ([WECAN Fundrazr Link](#) or <https://www.facebook.com/wecanfood>). We are just days away from our Walk on October 24th and working towards our goal of raising \$2,000 in support of WECAN. It's so important to be able to keep our operations going and every little bit helps us get there. I'll be walking next weekend in support of the Walk and encourage you to also get outside to raise a few dollars for WECAN (and get that all important fresh air and exercise!). If you're not able to make it outside, please consider supporting one of our walkers. Let's do this!

I had the privilege of enjoying some of the photos and videos from depot day last month and they warmed my heart so much! What a reminder and reinforcement of the amazing work our many, many volunteers do in support of WECAN Food Basket Society! Not only do they show up in great numbers but they do so with cheerfulness, enthusiasm and excitement! So many friendships have grown out of WECAN over the years and it's so comforting to know that when you stop by to pick up your order there'll always be those twinkling eyes smiling back at you behind the mask and a good word to ask how your day is going. What a tremendous community we have with WECAN and its our members who truly make it all worthwhile. To so many, thank you very, very much!

As we move into the Fall weather, what a perfect time to think about refreshing our soups and stew recipes. Our WECAN produce and meats are ready to make those meals really shine! I've even added an apple to some of my soup recipes to give them a whole new flavour! There's nothing quite like those healthy (and affordable!) comfort foods that make taking on the colder days ahead all worthwhile. Enjoy!

On behalf of the Board and Staff, we all wish you a very happy, healthy and safe Autumn season. Be well.

Sandra McFadyen

Sandy McFadyen, Board Chair

Opportunities...

Board Position Available!!!

The WECAN Food Basket Society is looking for another board member to join our team for the 2021/2022 year. We are specifically looking for someone with experience in and a passion for fundraising.

Interested applicants should submit their cover letter and resume to:

Sandy McFadyen, WECAN Board Chair, at BoardChair@wecanfood.com and cc madi@wecanfood.com
Applications will remain open until October 31, 2021.

Looking for Volunteers

Are you Social-Media savvy? Are you an Influencer at heart?

WECAN is looking for volunteers to join our Communications Committee and promote our charity throughout all social media platforms.

You could be just who we are looking for!

Contact Madi at madi@wecanfood.com

SIGN UP AND VIRTUALLY WALK WITH US IN THE



**WECAN All Walk For
Food Security**

ON SUNDAY, OCTOBER 24TH, 2021

Join us for a self-organized, virtual walk!

Sign-up, raise funds, map out a 2km-5km route in your neighbourhood or favourite park and walk!

sign-up link in description and
share your journey on social media
using the hashtag: **#WECANWALK2021**



All Edmonton participants will be entered into a draw for prizes!

GROUND BEEF AND VEGETABLE STEW

Yield: 8 servings

Ingredients

- 1 pound ground beef
- 1 small onion, finely chopped
- 1 clove garlic, finely chopped
- 4 cups water
- 2 tablespoons beef base
- 1 (8 ounce) can tomato sauce
- 1 tablespoon Worcestershire sauce
- 1 teaspoon ground black pepper
- ½ teaspoon celery salt
- ¼ teaspoon ground marjoram
- 5 large carrots, cut into rounds
- 4 medium potatoes, peeled and cubed
- 1 cup green beans, trimmed and cut into 1-inch pieces
- 3 tablespoons all-purpose flour
- 2 tablespoons water, or more as needed

Directions

- Heat a large skillet over medium-high heat. Cook and stir ground beef, onion, and garlic in the hot skillet until beef is browned and crumbly, 5 to 7 minutes. Drain and discard grease. Add 4 cups water and beef base; stir to combine. Add tomato sauce, Worcestershire sauce, pepper, celery salt, and marjoram; bring to a simmer.
- Add carrots and simmer for 35 minutes. Add potatoes and green beans; cook until tender, about 15 minutes.
- Meanwhile, mix flour and 2 tablespoons water together in a small bowl until no longer lumpy, adding more water if necessary. Stir into stew and simmer until thickened, 5 to 10 minutes.

Nutrition Facts - Per Serving

257 calories; protein 14g; carbohydrates 29.2g; fat 9.7g; cholesterol 34.8mg; sodium 1095.7mg.

BRAISED CABBAGE

Yield: 3 cups

Ingredients

- 2 tablespoons butter, or more to taste
- ½ head cabbage, cored and cut into 1/4-inch slices
- ½ onion, cut into 1/4-inch slices
- 1 cup water
- 1 tablespoon white vinegar
- 1 tablespoon white sugar
- 2 teaspoons caraway seeds
- 1 teaspoon salt

Directions

- Melt butter in a large skillet over medium heat.
- Cook and stir cabbage and onion until onions are translucent, about 5 minutes.
- Pour in water; add vinegar, sugar, caraway seeds, and salt.
- Reduce heat to low and cook, stirring occasionally, until cabbage is tender, 20 to 25 minutes.

Cook's Note:

Finish cabbage with an extra pat of butter, if desired.

Nutrition Facts - Per Serving:

77 calories; protein 1.6g; carbohydrates 9.9g; fat 4.1g; cholesterol 10.2mg; sodium 434.6mg.

Both Recipes Re-printed with permission from ALLRECIPES.COM

Deadline for the next food order is
NOVEMBER 5, 2021
Order pick-up:
November 18th and 19th

Cabbage Benefits

#1: Low Calorie

One cup of red cabbage only contains around 40 calories.

#2: Anti-Inflammatory

Cabbage is loaded with lots of chemicals that help ease swelling in your tissues.

#3: Vitamins K & C Rich

One cup of red cabbage on, you get 80% of your recommended daily allowance of vitamin K and 70% of your daily allowance of vitamin C. This makes the vegetable an excellent source of vitamin K and vitamin C. Vitamin C can prevent cataract formation. Vitamin K is important for proper bone health and blood clot formation. A diet deficient in vitamin K can lead to bruising easily and excessive bleeding.

#4: Supports The Digestive Tract

Cabbage has 1 gram of fiber for every 10 calories. That helps fill you up, so you eat less. It also keeps you regular, and it could help lower your "bad" (LDL) cholesterol and control your blood sugar.

#5: Cardiovascular Health

Consumption of cabbage, especially red cabbage has been linked to having positive effects on heart health. It has been found to increase HDL levels (good cholesterol) and decrease LDL (bad cholesterol levels).

#6: Takes Care Of Your Eyes

Cabbage is very high in beta carotene which is very good for your eyes. Beta carotene is also essential in delaying cataracts.

#7: You Can Ferment It -- and Make It Healthier

Just leave it in its own juices until bacteria start to feed on it. It's called sauerkraut. When cabbage ferments, it makes natural probiotics that nourish the bacteria in your gut. Those bacteria help your body fight germs, take in nutrients, digest food, and control anxiety.

Price Comparison (\$)

		Walmart	Safeway	Sobeys	Superstore	Save-On	No-Frills	WECAN
Bananas	1kg	1.23	1.98	1.74	1.46	1.70	1.70	1.66
Apples - Spartan	1.00	0.72	0.99	0.81	0.79	0.99	0.77	0.34
Apples - Gala	3.00	1.75	2.11	3.58	2.38	2.35	1.52	1.23
Pears - Bartlett	4.00	3.04	4.61	3.60	2.31	3.85	2.27	1.48
Green Cabbage	1.5 kg	2.55	2.91	4.39	2.56	4.20	3.21	1.30
Celery	1 bunch	1.97	2.99	2.99	2.98	2.51	1.97	1.20
Leaf Lettuce	1 head	1.97	2.49	2.49	1.98	2.49	1.97	1.73
Russett Potatoes	5 lb	3.97	4.49	4.49	4.98	4.99	3.97	3.61
Yellow Onions	3 lbs	1.97	3.73	3.73	2.47	2.49	2.47	1.98
Produce Sub-total		19.17	26.30	27.82	21.91	25.57	19.85	14.53
Lean Grd. Beef	1 kg	10.96	7.69	9.90	14.00	14.00	14.00	10.00
Whole Chicken	1.5 kg	12.00	14.49	14.85	14.97	12.00	11.80	12.00
Meat Sub-total		22.96	22.18	24.75	28.97	26.00	25.80	22.00
BASKET TOTAL		42.13	48.48	52.57	50.88	51.57	45.65	36.53
SAVINGS		5.60	11.95	16.04	14.35	15.04	9.12	



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