

Save the date  
**GIVING TUESDAY**  
is November 30th 2021



# FOOD BASKET BULLETIN

Newsletter of the WECAN Food Basket Society of Alberta

Issue 21-11  
November 2021

## A Message from the Chair...

I get misty eyed every time I hear *Taps* and *The Piper's Lament* during Remembrance Day ceremonies. They are my reminder to say "Thank you" to the many who gave their lives on behalf of my freedom and they also challenge me to think about what I'm doing in response. What difference am I making so that others' lives might be a little better?

And then I remember that I'm blessed to be part of a group of individuals and families that reconnect regularly in our depots to prepare and gather our WECAN Food Basket orders. To see our volunteers so faithfully and cheerfully sort and get ready those many baskets, and then greet each and every person who comes in the door with crinkly smiling eyes, reminds me that we're really working together to make each others lives a little better.

So, to all of you, I also say "Thank you!" As part of WECAN Food Basket Society, we enjoy those healthy fruits, vegetables, and meats, but each and every order also helps WECAN use our collective purchasing power

to keep those grocery costs down. I'm so proud of the work WECAN does, but really, I should say, I'm so thankful for those individuals who make WECAN Food Basket Society a community. Together, we're making each others lives a little better. Thank you!

As Giving Tuesday is just around the corner on November 30<sup>th</sup>, and unbelievably, so is year end, please think about donating to WECAN Food Basket Society (<https://www.canadahelps.org/en/charities/wecanfood/>) as a way to say thank you. You'll enjoy an income tax receipt for your donation but mostly, it'll be such a vivid demonstration of your belief in the good work that WECAN Food Basket Society is doing on YOUR behalf.

Until next time, take care and be well.

Sandy McFadyen, Board Chair

## Opportunities...

### 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](mailto:madi@wecanfood.com)



### The WECAN Food Basket Society is seeking an **Administrative Assistant**

whose overall job purpose would be to manage day-to-day admin tasks, including order processing, receivables & payables, communication & reports.

For qualifications, role description & how to apply, please see **link** in the description.

Applications will be accepted until Nov 19, 2021.

A big **THANK-YOU** to everyone who participated in our **WECAN All Walk For Food Security Fundraiser!**

With your help we were able to surpass our goal and raise **\$2,680** in the effort to fight food insecurity!

### ...and a big **THANK YOU** to our generous Donors

Barb Adamson	Brenda Friedenber	Monica Patel
Dawn Arnold	Eva Glancy	Myrna Peets
Sunanda	Michelle Grose	Cory Rianson
Bhattacharya	Shannon Harwood	Jody Spencer
Harold & Lorraine	Ron Johnson	Dawn Stafford
Biittner	Michelle Maroto	Terina Taeger
Amy Choy	Sandra McFadyen	Anne Taylor
Jim Corry	Anne McVea	Karlee Yoshinaka
Madi Corry	Christine McVea	Dale Zeniuk
Michelle Dalgetty	Margaret McVea	Plus 6 Anonymous
Sacha Deelstra		Donors

## PORK LOIN CHOPS with CAULIFLOWER

Yield: 2 servings

### Ingredients

- 2 pork rib chops, cut 3/4 inch thick (8 ounces total)
- 2 teaspoons chopped fresh thyme or 1/2 teaspoon dried, crushed
- 1/4 teaspoon salt, divided
- 1/4 teaspoon freshly ground pepper, divided
- 3 cups cauliflower florets
- 1 small onion, cut into wedges
- 1 tablespoon olive oil
- 1 leaf Chopped fresh basil, Italian parsley and/or chives

### Directions

1. Trim fat from meat. Stir together thyme, 1/8 teaspoon salt, and 1/8 teaspoon pepper in a small bowl; sprinkle evenly on both sides of each chop. Rub in with your fingers. Set the chops aside.
2. Coat a very large unheated non-stick skillet with cooking spray. Preheat over medium-high heat. Add cauliflower and onion; sprinkle with remaining 1/8 teaspoon salt and 1/8 teaspoon pepper. Cook and stir about 5 minutes or until almost tender. Remove skillet from heat. Push cauliflower and onion to the edge of the skillet.
3. Add oil to the skillet. Arrange the seasoned chops in a single layer in the skillet. Return the skillet to the heat and cook over medium heat for 10 to 15 minutes or until the pork chops are done (160°F) and the vegetables are tender, turning the chops to brown evenly and stirring the vegetable mixture often.
4. Add oil to skillet. Arrange seasoned chops in a single layer in skillet. Cook over medium heat for 10 to 15 minutes or until pork chops are done (160°F) and vegetables are tender, turning chops to brown evenly and stirring vegetables often.
5. Transfer the chops and vegetable mixture to dinner plates. If desired, sprinkle the vegetable mixture with basil, parsley and/or chives.

### Nutrition Facts - Per 1 Serving:

297 calories; protein 31.9g; carbohydrates 11g; dietary fiber 4.3g; sugars 4.7g; fat 13.8g; saturated fat 3.4g; cholesterol 70.2mg; vitamin a iu 65.6IU; vitamin c 72.9mg; folate 94.8mcg; calcium 63.8mg; iron 1.8mg; magnesium 55.2mg; potassium 963.4mg; sodium 389.2mg.

Printed from <https://www.eatingwell.com>

## BEST TURKEY MEATLOAF

Yield: 8 servings

### Ingredients

#### Meatloaf:

- 1 1/2 pounds ground turkey
- 3/4 cup crushed buttery round crackers
- 1/2 cup milk
- 1 small onion, chopped
- 1 egg
- 1 1/2 teaspoons salt
- 2 cloves garlic, minced
- 1/4 teaspoon ground black pepper

#### Topping:

- 1/2 cup ketchup
- 1/4 cup brown sugar
- 1 tablespoon Worcestershire sauce

### Directions

1. Preheat oven to 350°F (175°C). Lightly grease a baking sheet.
2. Mix ground turkey, buttery round cracker crumbs, milk, onion, egg, salt, garlic, and black pepper in a bowl; shape into a loaf and place on the prepared baking sheet
3. Mix ketchup, brown sugar, and Worcestershire sauce in a separate bowl; set aside.
4. Bake meatloaf in preheated oven for 30 minutes; remove from oven and drain liquids. Top meatloaf with ketchup topping. Return loaf to oven and continue baking until no longer pink in the center, about 30 minutes more. An instant-read thermometer inserted into the center should read at least 160°F (70°C).

### Nutrition Facts - Per Serving:

296 calories; protein 19.7g; carbohydrates 25.2g; fat 13.2g; cholesterol 84.5mg; sodium 880.8mg.

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Deadline for the next food order is

December 3, 2021

Order pick-up:

December 16<sup>th</sup> and 17<sup>th</sup>

### Price Comparison (\$)

		Walmart	Sobeys	Superstore	Save-On	No-Frills	WECAN
Bananas	1 kg	1.70	1.74	1.46	1.70	1.70	1.67
Oranges	5 med	6.15	5.00	7.70	6.50	5.70	2.70
Apples - Gala	5.00	1.35	4.98	4.60	5.25	4.60	2.00
Cauliflower	1 head	4.97	4.49	3.99	4.99	3.99	2.80
Broccoli	1 bunch	2.97	1.49	2.99	4.62	2.47	2.60
Lettuce - Green	1 head	2.47	3.99	2.99	2.99	2.49	1.64
Carrots	2 lb bag	1.65	1.99	2.49	2.38	1.99	1.88
Produce Sub-total		21.26	23.68	26.22	28.43	22.94	15.29
Lean Grd. Beef	0.5 kg	5.48	8.53	7.00	7.00	7.00	5.50
Pork Loin Chop	2 kg	21.92	22.04	19.96	18.42	21.12	13.94
Chicken Thighs	1.3 kg	9.95	13.70	15.16	15.74	10.58	10.23
Grd. Turkey	0.5 kg	6.97	9.91	2.80	6.00	7.00	3.79
Meat Sub-total		27.40	30.57	26.96	25.42	28.12	19.44
No-Pork Meat Sub-total		22.40	32.14	24.96	28.74	24.58	19.52
BASKET TOTAL		48.66	54.25	53.18	53.85	51.06	34.73
No-Pork BASKET TOTAL		43.66	55.82	51.18	57.17	47.52	34.81



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## The "Other" White Meat

Pork is sometimes called "the other white meat" because it can be a good source of lean protein, like poultry is. It offers many of the same nutrients as beef often with less fat and calories, although this depends on cut and preparation. Pork is commonly consumed around the world, especially in North America and Asia, but it is not permitted in certain religions.

### Health Benefits

Pork contains many of the micronutrients (vitamins and minerals) found in beef and it is high in protein, but can be lower in fat than beef—depending on cut and preparation.

### Protects Muscle Mass

As we age, our muscles become weaker, which can lead to disability and injury. Consuming adequate amounts of dietary protein, along with physical exercise, helps slow this weakening of the muscles (known as sarcopenia).

### Helps Cells Grow and Function

Like other animal products, pork is rich in the B vitamins thiamin, niacin, riboflavin, and pyroxidine (B6). The B vitamins help the body convert food into energy, are essential for brain and nervous system health, help make and repair DNA, and produce hormones and red blood cells.

[www.verywellfit.com](http://www.verywellfit.com)