

# FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Issue 22-04

April 2022

## A Message from the Chair...

We are busting at the seams to tell you about WECAN's upcoming Mother's Day Raffle which will be held April 18 through May 2! We are so excited to be able to offer three amazing prizes and are grateful to West Edmonton Mall, Earls Kitchen and Bar, Telus World of Science, the Royal Alberta Museum and the University of Alberta Botanic Garden for helping us make this raffle a huge success.

The raffle funds raised are critical to support the continuing operations of WECAN Food Basket Society and I would encourage your

participation with the purchase of your tickets or by sharing this big news with your family and friends. This is an important fundraiser for WECAN and we are looking forward to our Mother's Day Raffle being a resounding success

While Mother's Day is on May 8<sup>th</sup> in 2022, we all know that we can take opportunities at any time of the year to remember that special person who has nourished and nurtured us. Need some ideas for how to honor your Mom or caregiver? How about a visit and a chat to share some of your favorite memories in person or

in a journal? It doesn't take long to tell someone why they are meaningful in your life. Small acts of kindness go a long way to show your appreciation and saying thank you is one of the easiest and most meaningful ways to do it. And if you are a mother or caregiver, please accept our appreciation for all you do on behalf of those you care for. You are a wonderful person and we celebrate you this Mother's Day.

Thank you!

*Sandra McFadyen*

Sandra McFadyen, Board Chair

## ANNUAL GENERAL MEETING

Saturday, June 4  
10:00 AM

Via ZOOM

<https://us02web.zoom.us/j/85689859631?pwd=WFJXU1d0MWEvc0dFckhGYUxY3Z4dz09>

## MOTHER'S DAY RAFFLE

WESTJET



Open Now!  
Ends May 2nd

3 Great Prize  
Packs!

Tickets:  
1 for \$10  
3 for \$25

Go to:

<https://www.rafflebox.ca/raffle/wecanmothersdayraffle>

Spotlight on...



Administrative Assistant

### Mariam Jamaly

#### *I like...*

When I talk to people every day about how WECAN programming has changed their lives.

#### *I know...*

That food security is a challenge that many are struggling with every day and that our food baskets are leading to improving the lives of people across Alberta.

#### *I couldn't do without...*

The love of my family and friends and the good nature of people to open the hearts to those in need.

#### *In my free time...*

Free time? As a mother to two wonderful girls of four and two, I don't experience free time at the moment. I wouldn't change this for the world.

#### *My superpower is...*

Being able to juggle being a mom, a wife, a small business owner, a volunteer, and program assistant to the best not-for-profit ever!

## PAN-ROASTED CHICKEN THIGHS

4 servings

### Ingredients

- about 2.5lbs. bone-in, skin-on chicken thighs (about 4–5 big thighs)
- about 2 Tbsp. olive oil (1 tsp. per thigh), divided
- 2 tsp. paprika
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. ground sage
- 1 and 1/2 tsp. salt
- 1/2 tsp. black pepper

### Directions

1. Preheat the oven to 400°F and set your chicken out on the counter to come to room temperature. Pat the chicken totally dry with a paper towel.
2. Mix together all of the spices and seasonings.
3. Drizzle each chicken thigh with 1 teaspoon of olive oil and sprinkle an equal amount of the spice mixture onto each thigh. Rub the oil and spices all over the chicken.
4. Heat an oven-safe or cast-iron skillet over medium-high heat on the stove. Make sure it's big enough to hold all of the chicken in an even layer. Once the skillet is hot, add the oil.
5. Lay the chicken thighs, skin side down in the skillet. Sear them for 5-7 minutes until they are nice and golden brown on top, and then flip them. If the chicken is sticking to the pan, it isn't done searing yet.
6. Once the chicken is seared, slide the skillet into the oven.
7. Bake for about 30 minutes, or until the chicken reaches an internal temperature of 165F. Rest for 10 minutes before serving!

From: <https://www.missallieskitchen.com>

## CUCUMBER & PEAR SALAD

4 servings

### Ingredients

#### For The Salad

- 3 Bartlett pears, peeled and chopped
- 2 English cucumber, peeled and chopped
- 1/2 cup Sliced almonds

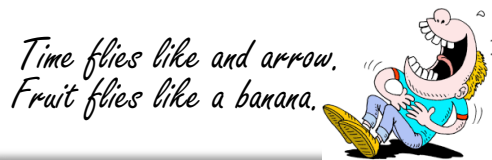
#### For The Dressing

- 1/4 cup apple cider vinegar
- 1 tsp poppy seeds
- 1 tsp sugar
- fresh cracked black pepper
- salt to taste
- 1/2 cup extra virgin olive

### Directions

1. In a large bowl toss together the chopped pears and cucumbers.
2. In a blender add the apple cider vinegar, poppy seeds, sugar, pepper, and salt. Blend to combine.
3. Slowly pour in the olive oil until a smooth dressing forms.
4. Pour the dressing over the cucumber and pear and toss. Top with sliced almonds and serve.

From: <https://www.wideopeneats.com>



Deadline for the next food order is

May 6th

Order pick-up:

May 19<sup>th</sup> and 20<sup>th</sup>

Price Comparison (\$)		Walmart	Sobeys	Superstore	Save-On	No-Frills	WECAN
Bananas	1kg	1.28	1.74	1.74	1.70	2.00	1.68
Kiwi	4	3.48	3.96	3.56	3.96	3.56	2.40
Pears	4	3.48	3.53	4.60	4.16	3.68	2.36
Carrots	2 lbs	1.64	2.99	3.99	2.66	2.49	1.71
Leaf Lettuce	1	2.47	3.49	2.99	3.49	2.49	1.63
Broccoli	1	1.97	3.99	3.49	4.62	2.99	1.21
Cucumber	1	1.97	2.49	2.49	1.49	1.49	1.32
Potatoes	5 lbs	3.97	5.99	3.50	5.99	4.99	2.70
<b>Produce Sub-total</b>		<b>20.26</b>	<b>28.18</b>	<b>26.36</b>	<b>28.07</b>	<b>23.69</b>	<b>15.01</b>
Lean Grd. Beef	0.5 kg	7.20	7.71	7.00	7.00	7.00	5.25
Chicken Thighs	1.3 kg	10.23	15.73	9.75	15.21	10.57	10.75
Ground Turkey	350 g	4.59	5.04	5.40	7.56	5.39	3.79
<b>Meat Sub-total</b>		<b>22.02</b>	<b>28.48</b>	<b>22.15</b>	<b>29.77</b>	<b>22.96</b>	<b>19.79</b>
<b>BASKET TOTAL</b>		<b>42.28</b>	<b>56.66</b>	<b>48.51</b>	<b>57.84</b>	<b>46.65</b>	<b>34.80</b>



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## HOW TO SAFELY DEFROST CHICKEN

### Thawing in the Fridge

Thawing chicken in the fridge is the best and safest way to defrost it. The day before you plan to cook your chicken, transfer it from the freezer to the fridge to let it thaw slowly, for at least 24 hours. Make sure to place the raw chicken in a rimmed container or bowl, ideally at the bottom of your fridge to minimize risk of drips onto your other food as it thaws. Once it's thawed, it cannot be refrozen unless you're planning to cook it in a liquid. Refreezing thawed meat breaks up the protein cell structure and creates unwanted extra moisture, resulting in poor flavor and texture.

### Thaw in Cold Water

Place the frozen chicken in a leak-proof plastic bag submerged in a large bowl filled with cold tap water. The chicken should always be sealed well before coming into contact with water; never leave a bowl of raw chicken in water in your sink, as this will contaminate the entire area and the meat will end up absorbing some of the water. You should never thaw meat at room temperature or in hot water. As soon as meat reaches 40 degrees F, it enters the food "Danger Zone," where bacteria can multiply and make it unsafe to eat — this can happen if it's been sitting at room temperature for over two hours.

### Defrost in a Microwave

This method is the quickest way to thaw your chicken, but that doesn't mean it's the best. Microwaving food tends to create hot spots, so your raw meat might be warmed through in some parts and still frozen in others, causing it to enter the "Danger Zone". Make sure to cook it immediately after thawing in the microwave and to only refreeze once it's been fully cooked.

### Just Cook It Frozen

If you're pressed for time, you can skip the thawing and cook frozen chicken in soups and sauces over the stove, just make sure to account for cooking times being about 50 percent longer. You can also cook frozen chicken in an Instant Pot or pressure cooker, **but stay clear of slow cooking** as it will create the perfect environment for bacteria to grow.

From: <https://www.foodnetwork.com>