

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food

Issue 22-05

May 2022

Spotlight on Our Chair ... *Sandy McFadyen*



I like...

to be involved with people who are interested in making a difference in their lives and the lives of others.

I know...

that people are basically good inside and that they can move mountains when they work together.

I couldn't do without...

looking at life with curiosity, having fun, and laughing out loud, usually at myself.

In my free time...

I love to travel with my partner. I am amazed by other cultures which remind me that people are generally happy and

doing their best. Travel provides new learnings but is also a reminder to be thankful for my life and its many blessings.

My superpower is...

problem-solving. The challenge is, unless asked, to sit back and let people solve their own problems. That's the great thing about people, they have resources, ideas, and solutions. Sometimes, they just need a little stretching.



Sandra McFadyen.

ANNUAL GENERAL MEETING



GET INVOLVED!

June 4, 2022 at 11am

Via ZOOM

All Members* welcome!

Before June 4th, email Dawn at

secretary@wecanfood.com

and I will send you a zoom link for the meeting.

*paid-up memberships for 2022-2023

Coming up ...

Springing into Summer Raffle

Online from June 13 to 16th

www.Rafflebox.ca/springingintospring



Casino Volunteers Needed



August 5th and 6th at Century Casino on Fort Road

If you are able to help out by doing a shift or two, please contact Mariam at 780-413-4525.

Last weekend, in preparation for this newsletter, I went thumbing through one of my Mom's old recipe card holders. This was where she kept only her favourite recipes. I found these two gems that were a couple of her regulars. They instantly brought me back to the warmth and comfort of her kitchen. Ah, memories!
... Dawn Arnold, Editor

CARROT & RICE CASEROLE

4-6 servings

Ingredients

- 2 cups cooked rice
- 3 cooked carrots, chopped
- 5 hard-boiled eggs
- 1 ½ cups grated cheddar cheese
- 3 tbsp. melted margarine
- ½ tsp. salt
- ¼ tsp. pepper
- dash of cayenne pepper
- 1 cup milk

Directions

1. Combine all ingredients and mix well.
2. Empty into a buttered 9 x 9 or round casserole.
3. Bake uncovered at 350°F for 30-40 minutes.

ANN LANDER'S

"Sister Helen's" MEAT LOAF

6 servings

Ingredients

- 2 lbs. of lean ground beef (1 kg.)
- 2 eggs
- 1 ½ cups bread crumbs
- ¾ cup ketchup
- 1 tsp "Accent" or "Mrs. Dash"
- ½ cup warm water
- 1 pkg. onion soup mix
- 8 oz. (250mL) can diced tomatoes
- 2-3 strips of bacon (optional)

Directions

1. Combine all ingredients EXCEPT tomatoes and mix well.
2. Empty into a greased loaf pan.
3. Cover with bacon (optional).
4. Pour diced tomatoes over the loaf.
5. Bake uncovered at 350°F for 1 hour.

Deadline for the next food order is

June 3rd

Order pick-up:

June 16th and 17th

Common Probe Thermometer



Price Comparison (\$)		Walmart	Sobeys	Super-store	Save-On	No-Frills	WECAN
Bananas	1kg	1.50	1.74	1.75	1.70	1.74	1.87
Kiwi	5	4.35	4.45	4.45	4.45	4.45	2.95
Apples - Gala	4	3.96	4.74	4.40	3.36	2.76	2.20
Oranges - Navel	3	4.26	4.95	5.76	3.30	5.10	1.86
Carrots	2 lb.	3.47	2.99	3.99	1.99	2.69	2.11
Cauliflower	1 head	3.97	5.49	3.99	4.99	3.99	3.45
Broccoli	1 bunch	2.97	3.99	2.99	3.96	2.99	1.69
Cucumber (Eng)	1	0.77	1.99	3.00	1.99	0.99	1.28
Produce Sub-total		25.25	30.34	30.33	25.74	24.71	17.45
Lean Grd Beef	0.55 kg	7.92	8.47	7.00	7.70	7.70	5.78
Ground Turkey	0.45 kg	6.97	6.49	7.00	8.91	7.00	3.79
Pork Back Loin	1.86 kg	14.70	18.41	16.37	18.41	22.50	10.21
Lean Grd Beef	0.55 kg	7.92	8.47	7.00	7.70	7.70	5.78
Ground Turkey	0.45 kg	6.97	6.49	7.00	8.91	7.00	3.79
Chicken Legs	1.2 kg	9.44	10.56	8.17	11.88	9.49	7.79
Beef Steak	0.2 kg	4.62	5.30	4.40	3.80	4.18	3.05
Meat Order Sub-Total		29.59	33.37	30.37	35.02	37.20	19.78
BASKET TOTAL		54.84	63.71	60.7	60.76	61.91	37.23
No-Pork Meat Sub-total		28.95	30.82	26.57	32.29	28.37	20.41
NO-PORK TOTAL		54.20	61.16	56.90	58.03	53.08	37.86



12122 – 68 Street NW, Edmonton,
AB T5B 1R1
Phone: (780)413-4525
Email: info@wecanfood.com
Website: www.wecanfood.com
Instagram: [@wecan_foodbasketsociety](https://www.instagram.com/wecan_foodbasketsociety)



TIME-TEMPERATURE CONTROL

Temperature abuse of food is the number one cause of food-borne illness. Temperature abuse can include such things as leaving food out at room temperature to thaw, not cooling foods fast enough through the Danger Zone (4 °C - 60 °C), not refrigerating food at the proper temperature, or not thoroughly cooking foods.

Controlling the temperature of hazardous food (*dairy, meat, fish, eggs, cooked vegetables, some raw vegetables such as bean sprouts, and some raw fruits such as melons*) is the easiest thing you can do to prevent the growth of bacteria.

COMMON DANGER ZONE NO-NO'S

- Leaving food to cool to room temperature before putting it in the refrigerator or freezer.
- Thawing hazardous foods on the counter overnight.
- Putting a very deep pot of food into a refrigerator to cool overnight.

THERMOMETERS

Visual cues can be misleading. For example, hamburgers are not always done when meat turns pink to brown and the juice runs clear. Using a Thermometer to make sure food is kept out of the Danger Zone as much as possible is the easiest way to prevent food-borne illness. A probe thermometer is the only way to be sure food has been cooked to a safe internal temperature.

A probe thermometer can be digital or bi-metal. Most digital thermometers cannot be calibrated. A bi-metal thermometer, which is the most common in households, must be calibrated before use.

Probe thermometers are easy to use – just insert into thickest part of the food and do not touch bone or container.

REMEMBER...

- Keep cold foods cold at 4°C (40°F) or lower.
- Keep frozen meats at -18°C (0°F) or colder.
- DO NOT refreeze without cooking first.
- Keep food covered in fridge or freezer.
- In the refrigerator, store raw meats on bottom, fruits and vegetables in the middle, and ready-to-eat food on top.

From:
FoodSafetyTraining.ca