

# FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Issue 22-06

June 2022

## A Message from the Chair...

There's real excitement on the school grounds these days as the kids are sensing the upcoming end of their academic year. They are running a little faster, yelling a little louder, and you can tell they're anticipating a summer filled with warm, leisurely days of fun with family and friends. Hopefully, they'll be able to include the occasional visit to the library to keep up their reading but we can all likely agree that after a very full and eventful year, their summer months will include a well-deserved rest and a bit of relaxation.

At WECAN, and most recently at our Annual General Meeting on June 4<sup>th</sup>, we also reached the conclusion of our 2021-2022 year and were able to take the opportunity to recognize our tremendous volunteers and celebrate the events and achievements we've undertaken over the past year. Your WECAN Board has been very busy focusing on our Strategic Plan by: developing ways to increase revenue through donations, grant applications

and fundraising events; creating an extensive WECAN Risk Management Plan; growing our communications channels by increasing and enhancing our social media postings in our work towards showcasing and honouring our members' stories; and by continuing our outreach and growth with potential partners and through the creation of new depots. Whew! It's been a busy year!

We are extremely fortunate to have such committed and loyal volunteers who so consistently offer their time and energy and are delighted to honour Irene Meglis as this year's recipient of the Lynn Mulvaney Coordinator of the Year Award. Congratulations and thank you, Irene! Our volunteers are the cornerstone of WECAN's success and it is this community which enables the work of WECAN to continue each month. We are also grateful for the extraordinary service that departing Board members Pam Kawulich and Jody Spencer have given

WECAN. Their creativity and imagination for events and fundraising along with their insightful and meaningful participation on the Board have been invaluable. And we are extremely pleased to formally welcome Suraya Hudson and Lorajoy Tira-Dimangondayao to the Board. You can be confident that your Board is excited to continue to offer its deep commitment and service to the continuing wellbeing of WECAN.

As your Board Chair, it has been my true honour and pleasure to serve WECAN this past year. We are blessed to have wonderful staff, volunteers, and partners to work alongside and also look to you, our members, for your continuing support as we move into 2022-2023. We are all here because we believe WECAN!

*Sandra McFadyen*



**Casino  
Volunteers  
Needed**

**August 5<sup>th</sup> and 6<sup>th</sup> 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.*



**SPRINGING  
INTO  
SUMMER  
RAFFLE**

**JUNE 13-27**

**GO TO: [www.rafflebox.ca/raffle/springingintosummer](http://www.rafflebox.ca/raffle/springingintosummer)**

**COUNTRY CLASSICS:  
MUSIC FESTIVAL TICKETS:  
PAUL BRANT  
& JOHNNY REID.  
PLUS GOLF FOR  
4 X 12 HOLES & CART**

**GOLF  
EXTRAVAGANZA:  
2 X 18 HOLES &  
CART AT  
4 GOLF COURSES**

**EXPERTS ON CALL:  
8 HRS OF RED SEAL  
CARPENTRY &  
FOUNTAIN TIRE  
CERTIFICATES**

**WECAN  
Food Basket  
Society**

## Spotlight on...Christine McVea

Vice Chair, Co-coordinator of Inglewood Depot



### ***I like...***

Spending time with family and friends sharing experiences, celebrating achievements, and supporting when needed, sometimes just being with others as they live their lives.

### ***I know...***

It's important to have a sense of who I am and how I'm connected to others in my life. Relationships have to be grown so spending time with people you care for is part of that. I also know that life is change and that accepting change often takes a bit of work.

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

Reading every day for pleasure: science fiction and murder mysteries; for learning: political news and health related books and for distraction: historical fiction mostly. I also like to do something physical everyday mostly walking either through the river valley or exploring city streets checking out neighbourhoods.

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

I'm learning about growing plants, gardening and trying to make bread. I also volunteer with Wecan serving on the board, several committees, and the Inglewood depot with Wendy H.

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

I believe I'm a good listener. I am curious about people and like to hear their stories. I think listening is a place of learning and I like learning.

## MEAT-AND-POTATO CASSEROLE

6 servings

### Ingredients

- 4 cups thinly sliced peeled potatoes
- 2 tablespoons butter, melted
- 1/2 teaspoon salt
- 1 pound ground beef
- 1 package (10 ounces) frozen corn
- 1 can (10-3/4 ounces) condensed cream of celery soup, undiluted
- 1/3 cup whole milk
- 1/4 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1 tablespoon chopped onion
- 1 cup shredded cheddar cheese, divided
- Minced fresh parsley, optional

### Directions

1. Toss potatoes with butter and salt; arrange on the bottom and up the sides of a greased 13x9-in. baking dish. Bake, uncovered, at 400° for 25-30 minutes or until potatoes are almost tender.
2. Meanwhile, in a large skillet, cook beef over medium heat until no longer pink; drain. Sprinkle beef and corn over potatoes. Combine the soup, milk, garlic powder, pepper, onion and 1/2 cup cheese; pour over beef mixture.
3. Bake, uncovered, at 400° for 20 minutes or until vegetables are tender. Sprinkle with remaining cheese. Bake 2-3 minutes longer or until cheese is melted. Sprinkle with parsley if desired.

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



## GREEK POTATO SALAD

8 servings

### Ingredients

- 12 red potatoes
- ¼ cup chopped green onion
- ¼ cup olive oil
- ¼ cup red wine vinegar
- 1 ½ teaspoons fresh lemon juice
- ½ teaspoon each: garlic powder and onion powder
- ½ teaspoon coarse salt, or to taste
- ½ teaspoon ground black pepper, or to taste
- ¼ teaspoon dried oregano
- ¼ teaspoon white sugar
- ¼ teaspoon dried rosemary, crumbled
- 1 pinch ground red pepper

### Directions

1. Place red potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 25 minutes. Drain and chill in freezer until cold, about 30 minutes.
2. Slice potatoes and place into a large salad bowl; toss potatoes with green onion. Whisk olive oil, red wine vinegar, lemon juice, garlic powder, onion powder, salt, black pepper, oregano, sugar, rosemary, and red pepper in a bowl. Pour the dressing over the potatoes and toss. Serve immediately or chill until serving time.

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

Deadline for the next food order is

July 8th

Order pick-up:

July 21<sup>st</sup> and 22<sup>nd</sup>

## WHY CUCUMBERS ARE GOOD FOR YOU

### Hydration

The average adult takes in about 3 quarts (12 cups) of water every day. Around a quarter of that typically comes from food. Cucumbers are an excellent source. Each one is about 95% water. That's important because your cells need enough water to work right. Without it, you can get dizzy and sick. In serious cases, you may need to go to the hospital for treatment.

### Keeping a Healthy Weight

All that water in cucumbers doesn't just hydrate your cells. It also fills your belly, and that may help you eat less. A cup of sliced cucumbers has just 16 calories. That means it has very low "energy density." People who eat more foods with low energy density often find it easier to lose weight.

### Nutrients

Cucumbers are packed with them. In just a single cup of cucumber slices, you'll get 14% to 19% of the vitamin K you need for the day. You'll also get vitamins B and C along with minerals like copper, phosphorus, potassium, and magnesium.

### Blood Sugar Control

High blood sugar can help create too many cell-damaging substances known as ROS and ROC. Cucumbers have shown some promise, mostly in animal studies, in controlling this problem. Rats that ate more cucumbers made less ROS and ROC. More studies on people are needed to back up these results.

### Antioxidants

These feisty little chemicals help protect your cells from damage due to substances that form in your body called "free radicals." Cucumbers have a unique set of antioxidants, including flavonoids, lignans, and triterpenes. They not only protect cells but also lessen inflammation that's linked to arthritis and other long-term conditions.

### Heart Health

Cucumbers are good for your ticker when you include them with a well-balanced diet. Their antioxidant activity helps slow or stop heart-related disease. And some research seems to show that the unique mix of nutrients in cucumber seeds could help improve your cholesterol numbers, which could have a direct impact on heart health. So, skip those "seedless" cucumbers and go for the real thing!

From: <https://webmd.com>

Price Comparison (\$)		Walmart	Sobeys	Superstore	Save-On	No-Frills	WECAN
Bananas	1kg	1.50	1.90	1.52	1.70	2.00	1.78
Apples - Gala	4	3.96	4.74	4.6	4.2	4.6	2.08
Oranges - Navel	4	5.68	6.00	5.16	5.50	6.16	2.72
Carrots	2 lb	2.31	2.99	3.99	2.66	2.99	1.74
Cucumber (Eng)	1	1.47	1.29	1.79	0.99	1.29	1.29
Broccoli	1 bunch	2.97	3.99	3.49	4.62	2.99	1.70
Red Potatoes	5 lb	4.97	5.99	3.50	5.99	4.99	3.80
Produce Sub-total		22.86	26.90	24.05	25.66	25.02	15.11
Lean Grd Beef	1 kg	12.94	13.21	14.00	14.00	14.00	10.00
Pork Tenderloin	950 g	14.60	19.82	14.63	14.63	12.22	10.00
Lean Grd Beef	1 kg	12.94	13.21	14.00	14.00	14.00	10.00
Beef Steak	0.2 kg	9.44	14.52	10.00	11.88	12.93	9.92
Meat Order Sub-Total		27.54	33.03	28.63	28.63	26.22	20.00
BASKET TOTAL		50.40	59.93	53.83	55.34	52.39	35.11
No-Pork Meat Sub-total		22.38	27.73	24.00	25.88	26.93	19.92
NO-PORK TOTAL		45.24	54.63	49.20	52.59	53.10	35.03



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

