

## A Message from the Chair...

We're in the dog days of summer with some pretty intense heat right now so I hope you've been able to stay hydrated through these hot, sunny days. I'm always amazed at how much energy it takes just to try to get cool!

At WECAN, things are heating up too as we get ready for the Fall. The people who sit on the various committees are meeting this month in anticipation of our Strategic Planning session in September. They'll be talking about actions and activities WECAN Food Basket Society can focus on over the next year as well as getting ready for our first Board meeting of 2022-2023 later this month. If you have an interest in one

of our committees and would like to offer your thoughts and energy, there are several to choose from: Communications, Governance, Human Resources, Finance, and Fundraising. We can all agree that many hands make the load lighter and the same goes for WECAN.

Speaking of the work of WECAN, on August 5th and 6th, we recently participated in our first casino in four years. Volunteering for a casino is no small feat as it takes a small army of willing and available folks to work long hours over two days and we are so very grateful to these people who graciously gave up their Friday, Saturday (and

Sunday to recover!). Thank you! A big thank you to WECAN's office staff too who worked so hard alongside us, and a special thanks to Christine McVea who mustered and readied our volunteers. It simply would not have happened without all of you!

Yes, things are heating up but try to enjoy these hot days of summer. It's intense, but short, and we know Fall is just around the corner. Stay cool, everyone; see you in the shade!

*Sandra McFadyen*

Sandra McFadyen, Board Chair

## 2021-2022 Volunteer Award Winners

### 5 Years of Dedicated Service:

*Agnes Kamela* – Abbottsfield Depot  
*Shileah Williams* – Abbottsfield Depot  
*Brandice Churchill* – Jasper Place Depot  
*Carmen Ede* – Jasper Place Depot  
*Tracy Lafreniere* – Sherwood Park Depot  
*Doug Brese* – Strathcona Depot  
*Nancy Machetchuk* – Westlock Depot  
*Alex Goitom* – McCauley Depot

### 15 Years of Dedicated Service:

*Eryn Labelle* – Bader Depot  
*Maxine Charlton* – Strathcona Depot

**THANK YOU  
FOR VOLUNTEERING**

"VOLUNTEERS DO NOT NECESSARILY HAVE  
THE TIME; THEY JUST HAVE THE HEART."  
- ELIZABETH ANDREW

Spotlight on...



### Madi Corry

Human Resources Chair

#### *I like...*

Connecting with WECAN members and hearing how they transform their food order items into creative meals!

#### *I know...*

WECAN has made a positive impact on my own life as a volunteer, as the University Depot Coordinator, and as a member! The delicious low-cost grocery items and amazing community spirit of WECAN make this one of my favorite places to volunteer.

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

My cat Moose or caffeine.

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

I volunteer, go for walks or catch up on new Netflix shows.

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

My coworkers say I have a knack for helping people and making them feel welcome!

### Lynn Mulvaney Coordinator of the Year Award

Presented to

*Irene Meglis*

In Grateful Appreciation of Her Outstanding Leadership and Service to WECAN Food Basket Society and its Members.

**GIVING  
TUESDAY**

**November 29**

## A Big Thank You

To all the wonderful people who came out to our Casino on August 5 & 6, and helped make it a HUGE success! It was a great time – good food, good snacks, good conversation!



## CAULIFLOWER STEAKS

4 servings

### INGREDIENTS

- 1 large cauliflower head
- 2 tablespoons of olive oil
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon Italian seasoning
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 3/2 cup grated parmesan cheese
- 1 teaspoon chopped parsley (dry parsley works too)

### INSTRUCTIONS

1. Preheat oven to 425° Fahrenheit. Line a large baking sheet with parchment paper. Do not use aluminum foil.
2. Remove leaves from the cauliflower head. Trim the stem just enough so you can place the head flat down on your cutting board. Do not remove the core from the inside of the cauliflower head or the cauliflower will fall apart into florets instead.
3. Cut the cauliflower into 3/4" to 1" thick slices. You will end up with smaller pieces and florets from the ends of the vegetable, and that is okay. You should get 3 to 4 good size steaks and a few smaller ones.
4. Place steaks on a parchment paper-lined baking sheet.
5. Spray or brush with olive oil.
6. In a small bowl, mix paprika, Italian seasoning, garlic powder, salt, and pepper and sprinkle half over cauliflower steaks.
7. Top with half of the grated Parmesan cheese.
8. Bake cauliflower steaks in preheated oven for 15 minutes. Remove the pan from oven, gently flip steaks, season and top with cheese. Bake for 10 to 15 minutes more or until fork-tender.
9. Serve garnished with parsley.

## CRISPY-SKINNED BAKED CHICKEN DRUMSTICKS

4 servings

### INGREDIENTS

- 8 (4 oz each) skin-on chicken drumsticks (about 2 lb. total weight)
- 2 tablespoons olive oil
- 1 teaspoon Diamond Crystal kosher salt
- ½ teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper

### INSTRUCTIONS

1. Preheat your oven to 400 degrees F. Line a rimmed baking sheet with parchment paper and arrange the drumsticks in a single layer on the parchment.
2. Make the seasoning paste: In a medium bowl, use a fork or a spatula to mix the olive oil, salt, pepper, and spices.
3. Using a pastry brush or your hands, coat the chicken pieces with the seasoning paste.
4. Bake the drumsticks uncovered until their internal temperature reaches 165 degrees F, about 40 minutes.
5. Baste the drumsticks with the pan juices using a clean pastry brush. Serve immediately.

Q: Why are kiwis so observant?

A: They're full of Vitamin C.

Deadline for the next food order is

**September 9th**

Order pick-up:

**September 22<sup>nd</sup> & 23<sup>rd</sup>**



### Health Benefits (webmd.com)

The vitamins, fiber, and **antioxidants** can provide essential health benefits. The flesh is rich with vitamins that stimulate **immunity** and reduce the risk of disease.

The soluble dietary **fiber** found in kiwis can help stimulate regular and healthy **digestion**. Kiwis can provide other health benefits like:

#### Immunity

Kiwi contains abundant amounts of **Vitamin C**, which stimulates the body's immune response. In fact, the kiwifruit contains roughly 230% of the daily recommended intake of Vitamin C. This bold fruit provides a burst of immune-boosting nutrients in every bite.

Kiwis are also rich in **antioxidants**. Antioxidants help to eliminate free radicals within the body and reduce oxidative stress. Ultimately, this may protect the body from inflammation and disease.

#### Heart Health

The kiwifruit possesses properties that lower blood pressure. By helping to maintain a healthy blood pressure and providing a boost of Vitamin C, the kiwifruit can reduce the risk of **stroke** and **heart disease**.

Beyond this, kiwi also contains a high level of dietary **fiber**. Fiber can reduce risk factors for heart disease by lowering **LDL** or bad cholesterol. A surplus of cholesterol can lead to **atherosclerosis**, which is a hardening of the arteries within the heart.

#### Digestive Health

Both in its tough skin and flesh, the kiwifruit contains high amounts of dietary **fiber**. Fiber can help reduce **constipation** and a variety of other gastrointestinal issues and discomfort.

#### Treatment of Asthma

The abundance of Vitamin C in kiwis has been linked to the reduction of wheezing symptoms in some asthma patients. This is especially true of children, who seem to benefit the most from the consumption of kiwis.

#### Ocular Health

When consumed with other healthy vitamin and mineral-rich fruits and vegetables, the high levels of **antioxidant** vitamins and **carotenoids** found in the kiwifruit may aid in preventing eye disease and promote overall ocular health.

### Price Comparison (\$)

		Walmart	Sobeys	Superstore	Save-On	No-Frills	WECAN
Bananas	1kg	1.5	2.14	2.00	2.00	2.00	1.67
Oranges, Navel	4	5.68	5.04	7.68	8.8	6.16	2.72
Kiwi	4	3.48	3.96	3.96	3.96	3.96	3.08
Cauliflower	1	3.97	2.99	3.99	2.49	3.99	2.9
Celery	1	2.97	1.99	3.49	3.41	2.99	2.04
Broccoli	1	2.97	3.49	2.99	5.28	2.99	2.25
Produce Sub-total		20.57	19.61	24.11	25.94	22.09	14.66
Lean Grd. Beef	500g	7.20	8.25	7.00	7.70	7.00	5.25
Chick. Drumsticks	1.3 kg	11.31	14.3	11.37	15.16	11.38	9.06
Beef Round Roast	500g	25.71	17.33	25.76	12.88	24.33	6
Meat Sub-total		44.22	39.88	44.13	35.74	42.71	20.31
BASKET TOTAL		64.79	59.49	68.24	61.68	64.8	34.97

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