



FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Issue 22-10
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A Message from Our Past Chair...



Dailana Hunter (Carla's daughter), Carla Brenner

Can you imagine your life without WECAN? I certainly could not. With inflation on the rise, the cost of fuel sky rocketing, and the cost of... well everything increasing; guess what suffers... your food security! We have found WECAN, and it has changed our lives.

My favourite part of WECAN is that the program has consistent and strong with volunteers. WECAN volunteers are the most passionate and compassionate people that I have ever met. The fortitude of all the volunteers, partner organizations and community leaders, is what makes this organization run, and continue to run. We are all potentially coming up to some real hard times, with talk about a recession and our interest rates still on the rise. You, as a WECAN participant, are doing the real work for food security.

Whether you volunteer with WECAN or participate by paying for an order, you are collectively using your buying power to thwart the impact of rising costs on your food budget.

I started buying baskets in 2006, when I found myself in a pickle with my finances. I was a newly single mom, with 50% custody of two growing children. Food was the only variable expense. I would budget for their meals and make sure that the girls were well fed before I ate. We would make eating fun and I would create distractions by playing games during dinner time. I didn't realize that my older daughter noticed that I wasn't eating. My meals became what was left on the plates by my kids, so I was malnourished. I found out last year that she knew, and my heart sank. At the time, I was so ashamed. I looked for assistance but was turned down by all. Then I found out about WECAN in the community newsletter and signed up. I would buy multiple basket orders because the value was perfect for my budget. I could make stews, soups, and roasts that created leftovers for me to eat when the kids weren't home. Yay for WECAN!

But everyone starts with WECAN for their own reason, and then WECAN never leaves your heart. Even now that I live in another province, I know that back home, WECAN is changing people's lives and making a difference in the depot communities. Thank you to everyone who loves WECAN; you are the difference makers.

Carla Brenner

Past Board Chair (2014-2017)



We have two depots that need volunteers to help on Distribution Days.

After Black Friday and Cyber Monday, join the movement dedicated to giving –

GivingTuesday.

On *Tuesday, November 29th, 2022* please give to WECAN Food Basket Society and support our many, many depots. Join millions across Canada and around the world and make a big difference.

**GIVING
TUESDAY**

November 29



Alberta Avenue Depot

Alberta Avenue Community League
9210-118 Avenue NW Edmonton
Call: **Valda Roberts, President**
Direct 780 340-8234

Inglewood Depot

Inglewood Christian Reformed Church
12330 113 Avenue NW Edmonton
Email: **Christine McVea**
christine@wecanfood.com

UKRAINIAN CABBAGE ROLLS

My grandmother was from the Ukraine and this is a recipe she always made when I was growing up. These cabbage rolls have no meat in them – Dawn

INGREDIENTS

- 1 medium head cabbage (frozen then thawed)
- 1 ½ cups uncooked white rice
- 2 tablespoons butter
- 1 onion, chopped
- salt and pepper to taste
- 1 (46 fluid ounce) can tomato juice
- Sour Crème (500g container)

DIRECTIONS

1. Day Before cooking: Remove cabbage from freezer and let thaw thoroughly.
2. Preheat oven to 325 degrees F (165 degrees C).
3. Grease a 2-quart casserole dish.
4. In a saucepan bring 3 cups of water to a boil. Add rice and stir.
5. Reduce heat, cover and simmer for 20 minutes.
6. Melt butter in a small skillet over medium heat.
7. Sauté onion until translucent; stir into cooked rice. Season with salt and pepper to taste.
8. Cut the leaves off of the cabbage and cut the larger leaves in half.
9. Spoon 1 tablespoon of rice into a leaf and roll tightly.
10. Place rolls in prepared casserole dish, stacking in layers.
11. Pour tomato juice over the rolls, using enough just to cover.
12. Cover and bake in preheated oven for 2 hours.
13. Serve with sour cream.



CELERY POTATO SOUP

4 servings

Recipe by **Darrah Boop**

INGREDIENTS

- 1 tablespoon olive oil
- 1 red onion, chopped
- 4 cloves garlic, minced, or more to taste
- 2 large red potatoes, cut into 1-inch pieces
- 1 bunch celery with leaves, diced
- 4 cups water
- 1 cube chicken bouillon (such as Knorr®)
- ½ tablespoon garlic salt, or more to taste
- ground black pepper to taste

DIRECTIONS

1. Heat oil in a stockpot over medium-high heat; stir in onion.
2. Cook and stir until onion has softened and turned translucent, about 5 minutes.
3. Add garlic and cook until fragrant, about 1 minute.
4. Add potatoes and celery and sauté until celery is tender and slightly browned, 3 to 5 minutes.
5. Add water, bouillon cube, garlic salt, and pepper.
6. Bring to a boil and cook until potatoes are tender, 20 to 25 minutes.
7. Fill blender halfway with soup. Cover and hold lid down with a potholder; pulse a few times before leaving on to blend.
8. Pour into a pot. Repeat with remaining soup. Serve hot.

Deadline for the next food order is

November 4th

Order pick-up:

November 17th & 18th

Price Comparison (\$)

		Walmart	Sobeys	Superstore	Save-On	No-Frills	WECAN
Bananas	1kg	1.72	2.14	2.00	2.00	2.00	1.67
Apples, Gala	5	1.95	5.58	4.60	6.30	3.63	2.65
Oranges, Navel	4	5.68	5.04	7.68	8.44	7.68	3.12
Lemon	1	0.77	0.99	0.99	0.99	0.99	0.63
Red Potatoes	5lb	4.97	5.99	4.50	5.99	5.99	3.93
Cabbage, Green	1	3.21	5.60	3.27	5.55	4.92	1.67
Celery	1	2.97	3.99	2.99	3.41	1.99	1.33
Produce Sub-total		21.27	29.33	26.03	32.68	27.20	15.00
Lean Grd Beef	500g	7.18	4.95	7.00	7.52	7.00	5.25
Chicken Drumsticks	1.22kg	14.00	13.20	11.00	10.25	9.80	8.50
Pork Loin chops	900g	9.86	7.95	11.88	9.90	13.87	6.29
Lean Grd Beef	500g	7.18	4.95	7.00	7.52	7.00	5.25
Chicken Drumsticks	1.22kg	14.00	13.20	11.00	10.25	9.80	8.50
Beef Roast	500g	10.99	11.00	11.00	12.00	10.46	5.50
Meat Order Sub-Total		31.04	26.10	29.88	27.67	30.67	20.04
BASKET TOTAL		52.31	55.43	55.91	60.35	57.87	35.04
No-Pork Meat Sub-total		32.17	29.15	29.00	29.77	27.26	19.25
NO-PORK TOTAL		53.44	58.48	55.03	62.45	54.46	34.25

5 Healthy Benefits of Adding Celery to Your Diet

1. Celery is a great source of important antioxidants.

Antioxidants protect cells, blood vessels, and organs from oxidative damage. Celery contains vitamin C, beta carotene, and flavonoids, but there are at least 12 additional kinds of antioxidant nutrients found in a single stalk. It's also a wonderful source of phytonutrients, which have been shown to reduce instances of inflammation in the digestive tract, cells, blood vessels, and organs.

2. Celery reduces inflammation.

Chronic inflammation has been linked to many illnesses, including arthritis and osteoporosis. Celery and celery seeds have approximately 25 anti-inflammatory compounds that can offer protection against inflammation in the body.

3. Celery supports digestion.

While its antioxidant and anti-inflammatory nutrients offer protection to the entire digestive tract, celery may offer special benefits to the stomach. Pectin-based polysaccharides in celery, including a compound known as apiuman, have been shown to decrease instances of stomach ulcers, improve the lining of the stomach, and modulate stomach secretions in animal studies.

4. Celery is rich in vitamins and minerals with a low glycemic index.

You'll enjoy vitamins A, K, and C, plus minerals like potassium and folate when you eat celery. It's also low in sodium. Plus, it's low on the glycemic index, meaning it has a slow, steady effect on your blood sugar.

5. Celery has an alkalizing effect.

With minerals like magnesium, iron, and sodium, celery can have a neutralizing effect on acidic foods — not to mention the fact that these minerals are necessary for essential bodily function.

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

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)

