



FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Issue 22-11
November 2022

A Message from the Chair...

November is that month of the year when we are prompted to remember and thank those who serve or have served on our behalf. They give and give where needed as they offered themselves in service. They are an inspiration for me and I'm grateful for them.

I'm also inspired and grateful for another group of people who so selflessly offer themselves: our WECAN volunteers. These are the people who prepare my WECAN order with care, knowing that each and every item in it matters to me. They greet me with kind

words and a smile on depot day and I always know I'll be welcomed warmly and treated with respect. They care about me, and in a world where there could always be more, that matters a lot.

There are many, many volunteers who support WECAN Food Basket Society. In fact, they are largely the reason how it continues to exist. It is our volunteers who freely and faithfully build our baskets, attend meetings and events, give of their talents and abilities to offer a good word and deed on behalf of WECAN, and so much, much more.

WECAN is what it is because of the heart of who we are: our volunteers. So, this depot day, please take an extra few moments to check in on them, say thank you, and let them know that what they do really matters.

To all of our volunteers, thank you so very, very much. We deeply appreciate all you do for WECAN Food Basket Society.

Sandra McFadyen, Board Chair

THANK YOU
Volunteers!
We couldn't do it without you

GIVING
TUESDAY
WE CAN FOOD BASKET SOCIETY 2022
NOVEMBER 29

HELP WANTED

WECAN Communications Committee is looking for a student intern currently enrolled in a communications/marketing program at a college or university in Edmonton and/or close to Edmonton. Working with the Communications Chair and Committee, the role requires the student to have an in-depth knowledge of social media platforms (Facebook, Instagram, and Twitter), SEO, and Google Analytics. Please note this is not a paid position, but an internship role requiring a commitment of 10-12 hours/month. To apply or for more information, please email your resume to

boardchair@wecanfood.com



To help on Distribution Days.

Inglewood Depot

Inglewood Christian Reformed Church
12330 113 Avenue NW Edmonton

Email: Christine McVea
christine@wecanfood.com

Spotlight on... **Dawn Arnold**
Secretary



I like... being busy with things that challenge me to keep my brain functioning, and I like volunteering with WECAN and our local Food Bank.

I know... that paying it forward brings overwhelming joy.

I couldn't do without... the love of my two rescue dogs, friends, and family. There is nothing better!

In my free time... I love to continue to learn through lots of different online courses, to read, paint, play cards, lunch with friends, hang out with my dogs, and in the evening, watch BritBox.

My superpower is... being able to hyper focus on things that are important which helps me with organization, problem solving, and thinking outside the box.

EASY SKILLET BEEF AND NOODLES

Servings: 6 (<https://www.eatingonadime.com>)

Ingredients

- 1.5 Pound Beef Roast cut into 1-inch pieces
- 1 Tbsp Butter
- 1/2 Onion diced
- 3 cups beef broth
- 2 Bay Leaves
- 1/2 tsp Dried Thyme Leaves
- 1/2 tsp Salt
- 1 tsp Pepper
- 1 Tbsp Cornstarch
- 1/4 cup Cold Water
- 12 oz Extra Wide Egg Noodles

Instructions

1. Heat a large skillet over medium heat. Add in the butter and onion and sauté until the onion is translucent (3-4 minutes).
2. Add in the beef and brown the beef in the skillet with the onions (8-10 minutes) over medium heat.
3. Then pour 2 cups of the beef broth into the skillet and add in the seasoning. Stir to combine and bring the mixture to a boil. Reduce the heat, cover, and simmer for 20-30 minutes until the beef is tender. Watch closely and slowly add in the last cup of the beef broth as the broth starts to cook off.
4. Mix the cornstarch into the ¼ cup cold water in a separate bowl. Stir this mixture into the skillet mixture and allow this to cook for 10 minutes or until the sauce has thickened.
5. While the sauce is thickening, cook the egg noodles in a separate pot based on the package instructions.
6. Serve the beef mixture over the egg noodles and enjoy!

CHILI POT PIE WITH CORNBREAD CRUST

Servings: 4 (<https://kitchenfunwithmy3sons.com>)

Ingredients

Chili Ingredients:

- 1 lb. ground beef
- 2 8oz cans tomato sauce
- 1 15oz can kidney beans
- 1 1.25oz packet of chili seasoning

Cornbread Ingredients:

- 1/2 cup all-purpose flour
- 2 Tbsp. granulated sugar
- 3/4 cup cornmeal finely ground
- 1/2 tsp. salt
- 1/2 tsp. baking soda
- 2/3 cup buttermilk
- 1/4 cup canola oil
- 1 egg

Toppings:

- shredded cheese
- sour cream

Instructions

1. Preheat oven to 375 degrees F.
2. In a skillet over medium-high heat, brown ground beef and drain excess fat.
3. Add tomato sauce and kidney beans, undrained, and chili seasoning. Bring to a boil and then cover.
4. Reduce heat to medium-low and simmer for about 10 minutes, stirring occasionally.
5. Mix all dry cornbread ingredients in a medium sized bowl.
6. Stir together wet ingredients and mix into the dry ingredients.
7. Spoon 1 cup of chili into four 9oz. ramekins. Spread 1/2 cup of the cornbread batter evenly over each ramekin, and place on a baking sheet.
8. Bake until cornbread is cooked all the way through, about 20-25 minutes.
9. Serve immediately with cheese and sour cream.

SNOW DAY SELF-CARE

As kids we loved snow days. They'd shut down school and we could stay home, play in the yard, and in general, have an unstructured fun day.

As adults, snow days are the perfect days to make them all about self-care. It's the perfect time because you're stuck in the house with nowhere to go. Spend your snow days doing whatever makes you feel best; these activities should not deplete your energy; they should refuel your energy.

What are some things you can do?

1. Read a new book (my favourite)
2. Journal
3. Look through old photos
4. Organize your most-used spaces (desk drawers, bedside table, bathroom counter)
5. Try a new recipe, maybe one from this newsletter
6. Make a scrapbook
7. Reread an old favorite book
8. Sleep in
9. Enjoy a cup of tea or hot cocoa
10. Watch a show
11. Have a movie marathon
12. Do a YouTube yoga session
13. Take a nap
14. Make a playlist
15. Use mindfulness coloring sheets
16. Light a candle
17. Channel your inner child to go play in the snow.
18. Simply be present in a warm place and watch the softly falling flakes.
19. Stand outside (bundled up) and listen to the hush and quiet that comes from falling snow, especially a heavy snowfall.

I love the last one. There's something sacred about listening to the snow fall, hearing the hush among the trees, watching the world become refreshed as it blankets white.

Although snow days can be isolating, it's important to note that they provide us with essential and restorative alone time to check in with ourselves. Spend this time doing what you love, and you will feel fulfilled and more prepared to get back to reality.

Deadline for the next food order is

December 2nd

Order pick-up:

December 15th & 16th

Price Comparison (\$)		Walmart	Sobeys	Superstore	Save-On	No-Frills	WECAN
Bananas	1kg	1.72	2.14	2.00	2.00	2.00	1.67
Oranges, Navel	4	5.68	5.14	6.16	8.80	7.68	2.96
Apples, Gala	4	3.16	7.74	4.60	5.56	3.68	2.08
Pears, Bartlett	2	2.62	3.50	2.76	2.08	2.76	1.04
Carrots	2 lb	1.98	2.69	3.50	3.99	2.49	1.84
Celery	1	2.47	3.99	2.99	3.71	1.99	1.81
Red Potatoes	5 lb	4.97	5.99	5.99	5.99	5.99	3.66
Produce Sub-total		22.60	31.19	28.00	32.13	26.59	15.06
Lean Grd Beef	500 g	7.18	4.95	7.00	8.26	7.00	5.00
Beef Roast	350 g	7.69	5.18	8.48	8.47	8.09	4.90
Pork Tenderloin	1 kg	15.37	19.82	13.21	20.90	12.10	10.00
Lean Grd Beef	500 g	7.18	4.95	7.00	8.26	7.00	5.00
Beef Roast	350 g	7.69	5.18	8.48	8.47	8.09	4.90
Chicken Drumsticks	1.2 kg	10.50	10.48	10.00	15.00	8.76	10.79
Meat Order Sub-Total		30.24	29.95	28.69	37.63	27.19	19.90
BASKET TOTAL		52.84	61.14	56.69	69.76	53.78	34.96
No-Pork Meat Sub-total		25.37	20.61	25.48	31.73	23.85	20.69
NO-PORK TOTAL		47.97	51.80	53.48	63.86	50.44	35.75

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Instagram: [@wecan_foodbasketsociety](https://www.instagram.com/wecan_foodbasketsociety)

