



WECAN
Food Basket
Society

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Issue 22-12
December 2022

A Message from the Chair...

December already! 2022 has flown by so fast and with the festive season upon us, it feels like the days are going as quickly as minutes! With the end of the calendar year fast approaching, and with the weather having been so cold over the past few weeks, I've been thinking about those people who so faithfully show up at the depots to prepare our food orders. These are the folks that are literally doing the heavy lifting of the big bags of produce and frozen meats. They are also the ones who take such care to weigh out every single order to make sure they are just the right size. And maybe, and even more importantly, these are the people who greet you when you walk in the door; they welcome you and are genuine when they ask how you are doing. They actually really do care about you!

My question for you is: do you know their name or take the time to ask how their day is going? They know your name, of course, as they're the ones readying your order. But do you know theirs? These folks are our WECAN volunteers, and they give their time and energy so consistently and faithfully. They might not feel like coming out into the deep cold or nasty road conditions early on depot day, but there they are, and even more, with a smile on their faces!

May I encourage you to linger a while at the depot this month? After all, it's your depot and it's important for us to remember that it exists because of the volunteers who believe it's worthwhile of their time and efforts to have a depot in your vicinity. And I have another favour to ask: if you haven't already, may I ask you

learn the names of your depot's volunteers? They are folks, just like you, who sometimes struggle, sometimes enjoy a good laugh, and sometimes also need someone to smile back at them as a show of encouragement. All of us who are members of WECAN are blessed to have these folks helping WECAN and we can be grateful they are at your depot: ready, willing, and caring. Yes, we are truly blessed.

As our days deepen into the festive season, and on behalf of your WECAN Food Basket Society Board of Directors, we send holiday greetings to you and the ones you spend it with. May this time of year shine light on your blessings and bring new ones in the year to come.

To our Members and Volunteers...

May your Holiday Season be filled with cheer, warm memories, and happiness. Thank you for being a part of WECAN.

Sandra McFadyen
Chelsea
Moush
Dawn
Suraya
Madi
Gregory
Keith
Mohammad
Christine

Spotlight on... **Mohammad Abu Steit**

Director, Member of Human Resources, Communications, Food Selection Committees



I like...

to always be curious and seek to find answers instead of settling for dead-ends. This curiosity taught me to be more patient in my problem-solving in order to arrive at better answers.

I know that...

working together achieves a lot more than working alone. This is why organizations like WECAN are completely necessary since food insecurity is hard to address by only solitary individuals. It has to be a group effort.

I couldn't go without...

hanging out every weekend with my friends to de-stress. The following week is a lot less productive if I don't take at least one day off to spend time with friends and family.

In my free time...

I like to read books on theology, philosophy, and history. During the pandemic, my weight gain (the only symptom of covid I still have) made me consider more active hobbies like weightlifting!

My superpower...

is that I can focus for hours and hours on a given task without leaving my desk. Complete 180 from my earlier days of procrastination.

BETH'S MELT-IN-YOUR-MOUTH BARBEQUE RIBS (Oven)

Serves: 6

Ingredients

- 4 lbs pork back ribs
- ¾ cup light brown sugar
- 1 tsp. hickory smoked salt (regular will do)
- 1 tsp. paprika
- 1 tbsp. garlic powder
- ½ tsp. ground red pepper (optional)
- 2 cups of your favourite barbeque sauce

Instructions

1. Preheat oven to 300°F.
2. Peel off tough membrane that covers the bony side of the ribs.
3. Mix together the sugar and spices to make a rub.
4. Apply rub to ribs on all sides.
5. Lay ribs meaty side down on two layers of foil with shiny side out.
6. Lay two layers of foil on top of ribs and roll and crimp edges tightly, edges facing up to seal.
7. Place on baking sheet and bake for 1 to 2 ½ hours or until meat is starting to shrink away from the ends of the bone.
8. Remove from oven.
9. Turn on broiler.
10. Cut ribs into serving portions of two or three ribs.
11. Arrange on broiler pan, bony side up.
12. Brush on sauce.
13. Broil for 1 or 2 minutes until sauce is cooked on and bubbly.
14. Turn ribs over.
15. Repeat on other side.

Above: www.food.com Right: cookingwithlei.com

ASIAN GROUND BEEF NOODLES

Serves: 2

Ingredients

- 2 tablespoon oil
- 250 g ground beef
- 2 tablespoon soy sauce
- 1 teaspoon grated ginger
- 2 teaspoon White pepper powder
- 2 tablespoon corn flour also called Corn starch
- 2 tablespoon spring onion chopped
- 120 g vermicelli more or less for two
- 2 tablespoon Chinese dark vinegar *optional*
- 2 tablespoon Chinese chilli oil *optional*

Instructions

1. In a saucepan heat the oil and ground beef over medium heat. Break the meat apart. Cook until slightly browned.
2. Add in the grated ginger and soy sauce, stir fry for 10-15 second. Add 1 cup of water and white pepper powder. Put a lid on and simmer for 10 minutes. Add more water if it evaporates too much.
3. Boil the noodles in a large pot of boiling salted water according to packet instructions until al dente. Remove; strain and set aside.
4. Mix the corn flour with 1/2 cup of water and pour into the beef sauce. Stir until evenly thickening.
5. Toss in the cooked noodles and then serve with spring onions on the top. Add the Chinese dark vinegar and chilli oil if desired.

Deadline for the next food order is

January 6th

Order pick-up:

January 19th & 20th

Price Comparison (\$)

		Walmart	Sobeys	Superstore	Save-On	No-Frills	WECAN
Bananas	1 kg	2.40	2.14	2.00	2.00	1.74	1.67
Oranges, Navel	3	2.97	3.56	3.45	3.78	3.45	1.59
Apples, Gala	3	2.76	3.78	4.63	6.60	5.76	2.01
Kiwi	2	1.46	1.96	1.98	1.98	1.98	1.14
Pears, Bartlett	3	2.62	2.63	1.56	2.50	2.76	1.08
Cabbage	1	5.35	3.28	2.92	7.27	2.92	1.70
Carrots	2 lb	1.98	2.69	3.99	2.66	3.99	1.84
Red Potatoes	5 lb	4.97	5.99	5.99	5.99	5.99	3.66
Produce Sub-total		24.51	26.03	26.52	32.78	28.59	14.69
Lean Grd Beef	400 g	6.19	5.74	5.74	6.00	5.60	4.20
Pork Back Ribs	1.65 kg	26.09	28.15	30.88	38.15	26.53	15.68
Lean Grd Beef	400 g	6.19	5.74	5.74	6.60	5.60	4.20
Chicken Leg w/Thigh	1.2 kg	9.70	10.56	17.17	9.24	9.95	7.24
Beef Roast	600 g	11.86	13.32	15.88	14.52	12.52	8.39
Meat Order Sub-Total		32.28	33.89	36.62	44.15	32.13	19.88
BASKET TOTAL		56.79	59.92	63.14	76.93	60.72	34.57
No-Pork Meat Sub-total		27.75	29.62	38.79	30.36	28.07	19.83
NO-PORK TOTAL		52.26	55.65	65.31	63.14	56.66	34.52

STRETCH YOUR FOOD DOLLAR



- **Include meals that will stretch food purchases**, such as stews, casseroles, and stir-fries.
- **Make a grocery list.** Look to see what foods you have in your pantry.
- **Check for sales and coupons.**



- **Shop when you are NOT hungry or rushed.**
- **Shop on the outer aisles** of the grocery store.
- **Compare the "Nutrition Facts."**
- **Find and compare unit prices.** Located on the shelf directly below the product.
- **Store Brands = SAVINGS!!!**
- **Include affordable fruits and vegetables.**

Try Canned or frozen.
Buy in season.
Choose whole, not pre-cut, or pre-washed



- **Cook once – eat all week!**
- **Convenience foods cost more.** Take time to prepare your own.
- **Save!** When bulk items are on sale, buy and freeze the leftovers. Incorporate leftovers into another meal.
- **Add leftover vegetables** to a casserole or blend overripe fruits for smoothies.

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