



WECAN
Food Basket
Society

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

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A Message from the Chair...

Happy New Year! Even though it is already halfway into the month of January, and 2023 is well on its way, I'm still hearing this greeting in places I stop into. Why do we wish each other a "Happy New Year?" This tradition signals an ending to the last year and encourages us to look towards the new year with optimism and hope. Personally, I like to think of the New Year greeting as an opportunity to say, "I wish good things for you; today, and in the days to come." And I must share with you, I'm very, very excited about 2023 and the possibilities for good things to come! Can you guess why?

2023 is a very important year for WECAN Food Basket Society of Alberta.

Did you know that this year we celebrate our thirtieth anniversary? WECAN Food Basket Society is an organization built on relationship and thirty years together is an enormous milestone for any relationship! We have seen many highs and lows throughout these three decades, and some of you have been with us from the very beginning. Whether you've been with us for thirty years or thirty days, I'm guessing you might have a story or two about how WECAN helped you through a particularly challenging time and I would encourage you to start thinking about those stories so that we can gather and share them. We're going to celebrate our thirtieth anniversary together and you are the guests of honour!

So, as we move into this new year, and because we're celebrating this very special milestone, I'd like to propose we start a new trend, just for 2023, and proclaim, "Happy Anniversary!" While I certainly do wish good things for you today, and in the days to come, I'm overjoyed that we are together; believing and supporting each other through WECAN Food Basket Society. Our longstanding relationship is definitely worth recognizing and celebrating! Stay tuned for more details to follow as our thirtieth anniversary year unfolds!

Sandra McFadyen

Sandra McFadyen, Board Chair

Introducing... **Westlock Depot**

Westlock Depot placed their first food order in December 2014 of 25 meat orders and 23 produce orders.

Within the past 6 months average food orders were 37 meat and 45 produce.

Before Covid restrictions Westlock Wecan had an average of 15 volunteers with coffee and snacks offered after sorting food orders. After Covid the Westlock Wecan still does curbside pickups and has an average of 5 volunteers to get the sorting, deliveries, and cleanup done on pickup dates.

Money raised by Westlock Wecan is used to help with the fuel costs for drivers, operational costs, and advertising expenses has come from a half dozen individuals including **Jacquie Nutt & Helen Haas**. Large donations have also come from the **Westlock Elks** and **100 Women Who Care**.

On average 40 families use Westlock Wecan. Pamela delivers two



L to R: Pamela Kawulich (Coordinator), Maggie Adamuv, Laurel Young, Norma Betts, Wray Betts, Martin Meindersma.

Missing from photo: Nancy Machetchuk, Karen Brown, Carol Van Ruskenveld, Shari Reach, Erin Chapotelle.

orders each month due to transportation issues.

Westlock Wecan's biggest supporters are the **Westlock Gospel Chapel**, **Westlock Library** and **Westlock Interagency**.

Spotlight on...



Moush John
Communications Chair

I like...

to create and tell stories. And in doing so understand the beauty and vastness of this world; who we are and the journeys we take to find ourselves again and again.

I know...

there is a lot of darkness and

suffering in this world. And its non-profits and organizations such as WECAN that are trying to make a difference. If each one of us were to volunteer and/or support a non-profit of our choice, collectively we could do so much, by bringing light where it's needed.

I couldn't do without...

reading and/or listening to a podcast or an Audible book. I enjoy reading and can spend hours in a library or bookshops, which I think are still some of the coolest spots in any city

In my free time...

I go for long drives without a destination in mind usually outside the city with tunes playing, or cook. Both these activities help me to destress and reflect.

My superpower is...

my faith. And the hope that no matter how difficult it has been, it is bound to get better; light after dark. Always.

BAKED CHICKEN THIGHS

8 servings

take about 30-40 minutes, depending on the size of your chicken thighs.

From: kristineskitchenblog.com

INGREDIENTS

For the Seasoning:

- 1 tablespoon Italian seasoning (or dried oregano)
- 2 teaspoons brown sugar
- 2 teaspoons paprika
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon coarse Kosher salt (or ½ teaspoon table salt)
- ½ teaspoon black pepper

Other Ingredients:

- 3 pounds (1.2 kg) skin-on bone-in chicken thighs (about 8-10)
- 2 tablespoons olive oil

INSTRUCTIONS

1. Preheat oven to 400° F. Set out a 13x9-inch or similar baking dish or line a rimmed baking sheet with foil or parchment paper.
2. In a small bowl, whisk together the seasonings until well combined.
3. Pat the chicken thighs dry with paper towels and place them in the baking dish.
4. Rub both sides of the chicken with olive oil. Sprinkle the seasoning mixture over the chicken, rubbing it on both sides of the chicken thighs. Try to rub some of the rub underneath the skin as well as on top of the skin for the most flavorful chicken. Arrange the chicken thighs skin side up on the pan.
5. Bake in the preheated oven, without moving or turning, until the internal temperature of the thickest part of the chicken (not touching the bone) reaches at least 165° F. This will

TERIYAKI RAMEN NOODLES

Only 15 minute to make this simple stir fry recipe!
4 servings

INGREDIENTS

- 6 ounces ramen noodles (two 3-ounce packets, flavour packets discarded)
- 1 pound (500 g) ground turkey
- 1 cup broccoli florets
- 2 carrots shredded
- 1 red bell pepper diced
- 1 cup teriyaki sauce

INSTRUCTIONS

1. Place ramen in a large heatproof bowl. Prepare ramen noodles according to package directions, set aside.
2. In a large skillet over medium-high heat brown ground turkey in oil.
3. Add the broccoli florets, carrots, and bell peppers. Quickly sauté until the vegetables are crisp tender.
4. Add the pasta noodles and pour in the sauce. Mix until completely combined.
5. Serve immediately. Enjoy!

Author: [Deb Clark @ bowl-me-over.com](mailto:Deb.Clark@bowl-me-over.com)

Deadline for the next food order is

February 3rd

Order pick-up:

February 16th or 17th

TIPS FOR GROUND BEEF

All ground beef comes designated as **Extra Lean, Lean, or Regular**, based on the maximum fat content.

GROUND BEEF TYPES

- **EXTRA LEAN** (10% maximum fat) great for flavour-packed recipes that you don't drain after cooking. Use in meat loaf or cabbage rolls.
- **LEAN** (17% maximum fat) Canada's No. 1 grind is a good all-purpose choice. Use in all kinds of ground beef recipes.
- **REGULAR** (30% maximum fat) use for grilling, broiling and drain to reduce fat before adding to your recipe. Use Medium in burgers and meatballs, and Regular or Medium in pasta sauces and casseroles.
- **Have you tried "Steak Experience" Ground Beef?** Look for the names **Sirloin, Chuck, and Round** on packages of ground beef. These names indicate that the ground beef is made from a single cut, not a mix. Ground Sirloin tastes like Sirloin Steak.
- Refrigerate ground beef within 1 to 2 hours of purchase.
- Refrigerate at 40° F (4° C) or lower, on bottom shelf to avoid dripping on to other foods.
- Thaw in the fridge, allowing 12 to 15 hours per pound, OR thaw in the microwave, cooking immediately after thawing.
- Cook all ground beef thoroughly to 160° F (71° C). Test temperatures with a digital read thermometer.
- **Never eat ground beef raw.**

THE QUESTION OF COLOUR

Contrary to popular belief, the colour of beef is not a reliable indicator of freshness. In its initial state, beef is a deep purple colour. As it is exposed to oxygen in the air, the pigment turns cherry red. That same beef can turn purple again if oxygen is removed. The perfect example is vacuum-packaged beef.

With certain packaging types, that initial cherry red pigment will begin to take on a slightly brown hue quite quickly. The meat is still fresh and safe to eat, but just not as bright a red as when it was first exposed to oxygen. The Best Before date is still the best way to know if your fresh beef needs to be prepared and eaten right away or frozen.

Some ground beef can be brownish in the centre. This is because the small amount of oxygen present in the centre gives the meat pigment a brownish hue. The meat remains fresh and safe to eat up to its Best Before date.

Price Comparison (\$)		Walmart	Sobeys	Superstore	Save-On	No-Frills	WECAN
Bananas	1kg	2.40	2.14	2.00	2.00	2.00	1.67
Apples, Gala	4	3.96	5.22	5.52	5.04	4.60	2.16
Oranges, Navel	4	5.68	6.08	6.16	4.36	6.16	2.52
Pears, Bartlett	4	5.24	5.26	5.52	5.00	5.52	2.28
Russet Potatoes	5lb	5.97	5.99	5.50	4.49	4.49	2.67
Celery	1	3.97	4.49	4.49	4.45	4.49	1.73
Leaf Lettuce	1	3.47	3.99	4.49	4.49	3.99	2.02
Produce Sub-total		30.69	33.17	33.68	29.83	31.25	15.05
Lean Grd. Beef	500g	7.75	8.26	7.00	7.15	7.00	5.25
Chicken Thighs	1.2 kg	15.24	13.21	11.88	13.20	11.88	10.79
Ground Turkey	500g	7.98	6.49	8.00	7.99	8.00	3.79
Meat Sub-total		30.97	27.96	26.88	28.34	26.88	19.83
BASKET TOTAL		61.66	61.13	60.56	58.17	58.13	34.88

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