



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...

Have you had that experience where you've thought, "They should have asked me; I would have been able to tell them what it's really like."? Or perhaps you've thought, "We tried that years ago." Or how about, "I know a better way to do that!" Well, now is the time to think about becoming a Director on the WECAN Food Basket Society Board. We have several vacancies opening up at the Annual General Meeting this May, and you may be just the person we need to help us keep the priorities of our members at the front of WECAN's program and processes.

Our Board is made up of members just like you: people who use WECAN,

believe in how it is helping its members save money, and know they are getting the best deal on fresh produce and frozen meats. When I came onto WECAN's Board, several years ago, I was so impressed with how welcome and valued I felt. Every Director's opinion matters and makes a difference because they represent different depots, different phases of life, and different experiences. All are helpful and important.

I hope to see you in-person at our Annual General Meeting on May 27th beginning at 10:00 a.m. at the Moravian Church, 9540 – 83 Avenue. This is our first in-person AGM since 2019 and we're very excited to see our members again. It'll be so nice to be able to catch up with you,

hear how you're doing, and thank you for your continuing support of WECAN. We would be so very grateful if you could join us!

A quick aside note - I'd like to send out a gigantic thank you to Dawn Arnold for her faithful work on the monthly WECAN newsletter. You will agree she has a gift for giving us a beautiful, terrifically informed, and chockablock newsletter that always encourages us to read each and every item. Thank you, Dawn, for your wonderful work!

Until next time, be well.

Sandra McFadyen

Sandra McFadyen, Board Chair

Spotlight on...



Lorajoy TIRA-DIMANGONDAYAO
Director

I like...

a walk outside on a cool day, wool coat on, cup of coffee in hand, the steam warming my hands and face. Edmonton offers many days like this.

I know...

that looking a person in the eye and

listening to them share their stories can change hearts and minds. I know that WECAN depot volunteers do this each month on pick up days, and that in this way, WECAN is transforming communities for good.

I couldn't do without...

my morning coffee. I really am quite enamoured by it. It amazes me that something so simple has become, for me, such a life-giving ritual. It literally makes my day.

In my free time...

I listen to the music play lists that my teenaged children send me. I also take the time to organise my "junk drawer."

My superpower is...

seeing "what could be." This hope is what drives me—there is nothing more thrilling to me than seeing community and beauty materialise.



Wecan's ANNUAL GENERAL MEETING

Saturday May 27 | 10 am at **Edmonton Moravian Church**
9540 83 Avenue NW

All Members welcome!

Coming in July ...

Wecan Food Basket Society's

30th Anniversary Celebrations

More information to come...

SMOTHERED CHICKEN IN A SKILLET

4-5 servings

INGREDIENTS

- 1.5 kg chicken breasts
- ¼ cup seasoned all-purpose flour (see Note 1)
- 2 tablespoons vegetable oil

Vegetables:

- 1 large onion cut into ½ inch pieces
- 4 large carrots, peeled, cut into ½ inch slices
- 4 celery ribs, cut into ½ inch slices
- 1 red bell pepper, cut into ½ inch slices
- 2 cloves garlic, minced
- 3 cups fresh baby spinach, roughly chopped

Sauce:

- 2 cups chicken broth
- ½ teaspoon dried thyme
- 2 tablespoons cornstarch, mixed into ¼ cup cold water
- Salt and black pepper to taste

Garnish:

- chopped green onions or chopped parsley

INSTRUCTIONS

1. **Preheat oven to 350F/176.7C**
2. Trim extra fat from chicken. Place seasoned flour into a bag and season chicken pieces, one at a time, by shaking in bag (shake off excess flour and discard any remaining flour mixture after all chicken is coated).
3. In a large skillet, heat oil on medium heat to medium-high heat. Fry chicken on one side until golden brown, about **3 minutes**. Turn chicken and repeat on second side. Drain on a paper towel over plate and set chicken aside.
4. Sauté vegetables and garlic in the skillet for **5 minutes**. Place chicken back in skillet and

- settle vegetables under and on top of chicken.
5. Place ½ sautéed vegetables in bottom of roasting pan. Add chicken, then sprinkle chicken with thyme. Add remaining vegetables on top of chicken. Pour broth into a roasting pan. Cover, place in the oven and cook for about **35-45 minutes**. Vegetables should be tender, and chicken should read 160F-165F/71-74C with an instant thermometer.
6. Remove chicken to a plate and set aside while you finish the sauce. Skim grease floating on the top and discard. Place skillet on stove and add vegetables and broth from roasting pan. Bring mixture to a boil. Pour in the cornstarch-water slurry and stir until thickened, **1 minute**. Reduce heat to low, stir in spinach (if using) and cook just until wilted, about **1 minute**.
7. Taste and adjust seasonings as needed. If the sauce is too thick, add some more chicken broth or water. Place chicken back into the skillet and spoon over sauce to coat it. If serving to company, transfer the entire dish to a deep platter (or serve in the skillet), sprinkle with chopped parsley if desired and serve with mashed potatoes, rice or noodles or with crusty bread. Garnish with parsley or green onions if desired.

NOTE 1: To make seasoned flour: combine 1/4 cup (31 grams) flour with 1 teaspoon salt, 1 teaspoon thyme, 1 teaspoon paprika, ½ teaspoon pepper, ½ teaspoon garlic powder and 1/2 teaspoon onion powder.

From: twokooksinthekitchen.com

Deadline for the next food order is
May 5th
 Order pick-up:
May 18th or 19th

HEALTH BENEFITS OF CHICKEN

Chicken is a great source of protein

Chicken is one of the most valued foods and it forms a crucial part of various culinary traditions, but it is also highly nutritious and delicious to taste.

1# Helps build muscles

Chicken is one of the best non-vegetarian sources of protein. It is lean meat, which means that it contains more proteins and less fat. A 100g serving of roasted chicken offers you 31g of protein, making it great for those who want to bulk up and build muscles.

2# Keeps your bones healthy

Chicken is rich in phosphorus and calcium, that helps keeps bones in mint condition. Also, it has selenium which has been known to cut risk of arthritis.

3# Relieves stress

Chicken has two nutrients that are great for reducing stress tryptophan and Vitamin B5. Both have a calming effect on your body, and this makes chicken an excellent option after a stressful day.

4# Reduces PMS symptoms

Magnesium, a nutrient present in chicken helps soothe symptoms of pre-menstrual syndrome and fight the various mood changes that a woman might experience during her periods.

5# Helps boost testosterone levels

Men should consume foods rich in zinc as it helps regulate testosterone levels as well as boost sperm production.

6# Boosts immunity

Chicken soup has long been used as a home remedy for relieving cold, flu and other common respiratory infections. The hot steam of chicken soup helps clear nasal and throat congestion while the thick fluid coats the throat to prevent invasion of respiratory linings by microbes to cause infection.

7# Promotes heart health

Chicken, being rich in vitamin B6, plays an important role in preventing [heart attack](#). Vitamin B6 helps by lowering the levels of homocysteine, one of the key components linked to an increased risk of heart attack. Besides, chicken is also a good source of niacin that helps lower cholesterol, a risk factor for heart disease development.

Price Comparison (\$)

		Walmart	Sobeys	Superstore	Save-On	No-Frills	1.67
Bananas	1 kg	1.72	1.90	1.74	1.70	1.74	1.67
Oranges, Med	4	5.68	4.44	5.14	6.76	7.08	2.76
Pears, Bartlett	3	3.93	3.27	2.61	3.75	2.76	1.95
Cucumber, English	1	1.97	2.69	2.49	2.49	1.99	1.50
Onions, Yellow	3 lbs	3.97	3.99	2.99	2.99	2.99	2.37
Celery	1	2.97	3.99	3.99	4.45	2.99	2.00
Carrots	2 lbs	1.98	2.99	2.99	2.99	2.99	2.67
Produce Sub-total		22.22	23.27	21.95	25.13	22.54	14.92
Lean Grd. Beef	500 g	7.75	8.25	7.00	7.70	6.60	5.50
Chicken Breasts	1.13 kg	24.63	19.26	18.66	27.35	18.66	14.68
Meat Sub-total		32.38	27.51	25.66	35.05	25.26	20.18
BASKET TOTAL		54.60	50.78	47.61	60.18	47.80	35.10

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