



WECAN
Food Basket
Society

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Issue 23.05
May 2023

A Message from the Chair...

The arrival of our Annual General Meeting on May 27th at 10:00 a.m. at the Moravian Church signifies another year having come and gone. 2022-2023 has felt a lot like spring to me: we're emerging from the pandemic and hopefully, are re-energized with reconnecting with our friends, family, workmates, and other individuals we haven't seen in a long time. Happily, that also means renewing acquaintances with you, our WECAN members. Following the AGM, we're looking forward to a time of fellowship and light refreshments with you. If you haven't already, please jot the date and time down in your calendar.

There will be some changes to our Board this year and as some Directors step down, that makes space and encourages other members to offer their service in support of WECAN. These new recruits will join a rock-solid group of individuals who are dedicated to representing our members in all aspects of WECAN. I hope you will give your 2023-2024 board your support but I also hope you will keep them informed of your opinions and feedback. As our members, you are our best source of information and are critical in helping keep the WECAN Board focussed.

This newsletter also gives me opportunity to say how grateful, humbled, and appreciative I am of WECAN Food Basket

Society of Alberta, its members, staff, volunteers, and the league of individuals who have worked so hard and diligently over the past thirty years to bring you the best products and service possible. I have truly been blessed to have been a member of your Board and I eagerly anticipate watching WECAN move forward with continued growth in members, depots, exposure, and partnerships.

With sincere gratitude and good wishes for your continued wellness.

Sandra McFadyen

Sandra McFadyen, Board Chair

Spotlight on...



Suraya
Hudson
Director

Suraya is a food enthusiast who works as Leftovers' Director of Operations. More recently, she has joined the WECAN Board of Directors in two capacities – she sits on the Governance Committee and the Human Resources Committee. With a background in Global Food Security and Sustainable Food Production, and more importantly, with an honest love and respect for both food and community, she brings her whole heart to her multiple roles.

30th Anniversary BBQ
& Raffle





Wecan's ANNUAL GENERAL MEETING

Saturday
May 27

10 am at
Edmonton Moravian Church
9540 83 Avenue NW

All Members welcome!

PROPOSED BY-LAW CHANGES:

- **Bylaw 1 is changed to read:**
The members at a general meeting shall determine membership fee in the Society. Upon payment of the fee, any person residing in Alberta, and being of the age of 18 years, may become a member.
- **By-law 2 is changed to read:**
Any Society member wishing to withdraw from membership may do so.
- **By-law 3 is changed to read:**
Any member who has not paid the membership fee for any year, the member may be automatically suspended, and may not be entitled to privileges or powers in the Society until reinstated.

MOROCCAN CARROT & ORANGE SALAD

Servings: 4

INGREDIENTS

For the salad:

- 3 cups carrots peeled and shredded
- 2 oranges peeled and segmented, with segments cut in half
- 3 Tablespoons fresh cilantro minced
- 1 Tablespoon fresh mint minced

For the dressing:

- 3 Tablespoons olive oil
- 2 Tablespoons orange juice
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cumin
- 1 Tablespoon pure maple syrup
- salt and pepper to taste

INSTRUCTIONS

1. Add the salad ingredients to a medium bowl.
2. Combine the dressing ingredients in a small jar and shake well.
3. Pour the dressing over the salad and toss well to coat. Serve immediately or cover and refrigerate until ready to serve.

NOTES

Success tips:

- To shred the carrots, use a food processor, box grater, or purchase pre-shredded carrots.
- To cut the oranges into segments, use a paring knife to slice off the top and bottom of the orange. Then cut away the peel and white pith. Hold the orange over a bowl and slice between the membranes to release the individual segments.
- Reserve the juice that comes out of the orange when you are cutting it into segments and use it in the dressing.

www.veggiessavetheday.com

Thank you to Robert Hopgood from Sprucewood Depot for this month's recipes.

BAKED ZITI with MEAT SAUCE

INGREDIENTS

- 1 pound ground beef
- 2 teaspoons Italian seasoning
- 1 teaspoon garlic powder
- 1 teaspoon minced garlic
- 6 ounces can tomato paste
- ½ c. diced tomatoes
- 1 c. water
- 2 teaspoons sugar
- 3 c. cooked penne pasta
- 1 teaspoon onion powder
- 1 teaspoon parsley flakes, optional
- 2 ½ c. shredded whole milk mozzarella cheese
- 1 teaspoon salt
- ¼ teaspoon ground black pepper

INSTRUCTIONS

1. Following the package directions, cook the pasta until al dente.
2. In fry pan, add beef, Italian seasoning, salt, pepper, onion powder, and garlic powder. Cook the meat until the meat is no longer pink. Drain.
3. Add 1 tsp of minced garlic followed by the tomatoes, tomato paste, and water. Stir well.
4. Stir in the sugar and continue to cook the meat sauce for another 5 minutes over medium heat.
5. Pour the meat sauce into baking dish and add the pasta. Stir well and sprinkle with 1 c cheese. Mix again. Sprinkle top with parsley and cheese.
6. Bake in oven for about 40 to 45 minutes at 350 degrees F.
7. Remove from the oven when done and allow the Ziti to sit for about 5 to 10 minutes before serving.

FRUITS & VEGETABLES

From www.hsph.harvard.edu

- **Vegetables and fruits are an important part of a healthy diet, and variety is as important as quantity.**
- **No single fruit or vegetable provides all the nutrients you need to be healthy. Eat plenty every day.**

A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check. Eating non-starchy vegetables and fruits like apples, pears, and green leafy vegetables may even promote weight loss. Their low glycemic loads prevent blood sugar spikes that can increase hunger.

At least nine different families of fruits and vegetables exist, each with potentially hundreds of different plant compounds that are beneficial to health. Eat a variety of types and colors of produce to give your body the mix of nutrients it needs. This not only ensures a greater diversity of beneficial plant chemicals but also creates eye-appealing meals.

Tips to eat more vegetables and fruits each day

1. **Keep fruit where you can see it.** Place several ready-to-eat washed whole fruits in a bowl or store chopped colorful fruits in a glass bowl in the refrigerator to tempt a sweet tooth.
2. **Explore the produce aisle and choose something new.** Variety and color are key to a healthy diet. On most days, try to get at least one serving from each of the following categories: dark green leafy vegetables; yellow or orange fruits and vegetables; red fruits and vegetables; legumes (beans) and peas; and citrus fruits.
3. **Skip the potatoes.** Choose other vegetables that are packed with different nutrients and more slowly digested carbohydrates.
4. **Make it a meal.** Try cooking new recipes that include more vegetables. Salads, soups, and stir-fries are just a few ideas for increasing the number of tasty vegetables in your meals.

Deadline for the next food order is

June 9th

Order pick-up:

June 22nd & 23rd

Price Comparison (\$)		Walmart	Sobeys	Superstore	Save-On	No-Frills	WECAN
Bananas	1kg	1.72	1.96	1.74	1.70	1.74	1.67
Oranges - Navel	5	7.10	5.55	4.80	7.45	5.00	3.45
Lemons	2	1.70	2.18	1.98	1.78	1.98	1.02
Pears - Bartlett	4	5.24	5.26	5.52	5.00	5.52	2.60
Carrots	2 lb.	2.94	2.69	2.99	3.99	2.99	2.67
Cucumber (Eng)	1	1.67	0.99	1.99	2.33	1.79	1.50
Romaine Lettuce	1 bunch	2.97	3.99	1.50	3.99	2.99	2.50
Produce Sub-total		23.34	22.62	20.52	26.24	22.01	15.41
Lean Grd Beef	1 kg	7.65	14.21	14.00	15.40	13.00	10.50
Pork Tenderloin	900 g	16.95	18.00	15.84	18.81	10.89	9.00
Lean Grd Beef	1 kg	7.65	14.31	14.00	15.40	13.00	10.50
Beef Roast	700 g	13.85	15.40	15.54	18.48	16.94	9.79
Meat Order Sub-Total		46.10	61.92	59.38	68.09	53.83	19.50
BASKET TOTAL		69.44	84.54	79.90	94.33	75.84	34.91
No-Pork Meat Sub-total		21.50	29.71	29.54	33.88	29.94	20.29
NO-PORK TOTAL		44.84	52.33	50.06	60.12	51.95	35.70

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