



**WECAN**  
Food Basket  
Society

# FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Issue 23.06

June 2023

## A Message from the Secretary...

Hello WECAN community!

This month's note is a bit different. Instead of the usual "Message from the WECAN Chair," you get a little note from me!

To all the WECAN members who I have not met yet-hello! My name is Madi, and I have been the Human Resources chairperson since 2020. I also run the University WECAN Depot at the Campus Food Bank on the University of Alberta campus. I look forward to bringing you the highlights

of WECAN each month through this newsletter.

A big highlight this summer is our upcoming 30<sup>th</sup> BBQ and Raffle Fundraiser! We hope that you will join us to celebrate WECAN's THIRTY years of community food work. The WECAN team cannot wait to see you there! I have heard about the amazing WECAN BBQs that we would host with our friends at TGP in the past. I can think of no better way to celebrate than bringing back this classic event!

The raffle is open NOW at [rafflebox.ca/raffle/wecan30anniversaryor](http://rafflebox.ca/raffle/wecan30anniversaryor) by scanning the QR code below.

It will stay open until July 22, so that we can draw the winners at our celebration!

My personal favourite part of WECAN is learning what members create out of the delicious food we receive in the baskets each month. If you have recipes or fun food tips that you simply must share with the WECAN community- please send them my way at [madi@wecanfood.com](mailto:madi@wecanfood.com)

Yours in community and food,  
Madi Corry

## Reminders



WECAN is moving away from supplying paper and plastic bags for orders, so make it a habit to bring your own on Depot Days!

**Deadline for JULY Orders:**

**July 7**

**July Order Pick-up:**

**July 20 or 21**



Scan this QR code to link directly to the WECAN 30<sup>th</sup> Anniversary Raffle!

## Homemade Tzatziki

### INGREDIENTS

- ½ cup finely grated cucumber
- 1 cup thick whole milk Greek yogurt
- 1 tablespoon lemon juice
- ½ tablespoon extra-virgin olive oil
- 1 garlic clove, grated
- ¼ teaspoon [sea salt](#)
- 1 tablespoon chopped dill
- 1 tablespoon chopped mint (optional)

### INSTRUCTIONS

1. Place grated cucumber on [a towel](#) and gently squeeze out a bit of the excess water.
2. In a bowl, combine all ingredients
3. Chill until ready to eat.

Serve with veggies, or on pita bread.

Serves 4 to 6

<https://www.loveandlemons.com/tzatziki-sauce/>

### Recipes this month thanks to the University Depot!

Chili is an especially versatile meal because it can be modified to include any protein (like meat or canned beans) and vegetables that you have on hand. (Madi recommends making some cornbread muffins to go with it too!)

## 5- Ingredient Chili

### INGREDIENTS

- 1 pound ground beef
- 1 small white onion, diced
- 3 (15oz) cans diced tomatoes (with or without green chiles)
- 2 (15oz) cans of beans of your choosing
- 2 tbsp chili powder

### OPTIONAL TOPPINGS

- Shredded cheese
- Chopped green onions
- Sour cream or plain Greek yogurt
- Cilantro

### INSTRUCTIONS

1. Cook ground beef in a large stockpot over medium-high heat while stirring frequently, until browned.
2. Using a slotted spoon, transfer the cooked beef or turkey to a separate plate and set aside. Reserve 1 tablespoon of grease in the stockpot, and discard the rest
3. Add the onion to the stockpot and sauté for 4-5 minutes, or until soft.
4. Add remaining ingredients and the cooked beef or turkey to the stockpot and stir to combine. Bring to a boil, then reduce heat to medium-low, cover, and simmer for 10 minutes.
5. Serve with optional toppings if desired. Or store in a sealed container for up to 3 days, or frozen for later!

Serves 4 to 6

<https://www.gimmesomeoven.com/5-ingredient-easy-chili-recipe/print-recipe/65592/>

## KEEPING FOOD FRESH LONGER

From Farmer's Almanac, 2022

- Store potatoes away from onions which makes them spoil faster.
- You can also store potatoes with apples to keep them from sprouting.
- Wrap broccoli, lettuce, and celery in foil before storing them in the fridge.
- Store tomatoes at room temperature out of direct sunlight with the stem side down. Storing them in plastic makes them spoil faster.
- Allow bunches of herbs, such as basil, cilantro, and chives to air dry when you get home from the market, then spread them out on dry paper towels, and roll them up. Place them back in the bag and refrigerate.
- A piece of fruit can spoil the whole bunch. Inspect fruit daily to make sure one hasn't gone bad.
- Wrap the top stems of your bananas with beeswax wraps or plastic wrap to help slow down the browning.
- Store nuts in the freezer to keep them fresher longer.
- Avoid chopping fruits and vegetables until you are ready to use them since this can cause them to spoil faster.
- Never mix meat with fruits and vegetables in a crisper drawer.

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	4s	\$5.68	\$7.00	\$8.00	\$7.00	\$7.68	\$3.60
Apples	5s	\$5.95	\$5.30	\$6.90	\$6.65	\$6.90	\$3.24
Cucumber (Engl)	1s	\$1.67	\$1.79	\$1.33	\$1.99	\$1.33	\$1.16
Russet Potatoes	5 lb.	\$5.97	\$6.99	\$5.99	\$5.99	\$4.00	\$2.96
Broccoli	1bch	\$8.75	\$4.49	\$4.49	\$7.99	\$6.59	\$2.14
<b>Produce Sub-total</b>		<b>\$29.74</b>	<b>\$27.53</b>	<b>\$28.45</b>	<b>\$31.32</b>	<b>\$28.24</b>	<b>\$14.77</b>
Lean Grd Beef	400g	\$6.2	\$4.79	\$5.6	\$6.16	\$5.73	\$4.20
Chicken Leg w Back	2.2kg	\$19.32	\$16.92	\$19.36	\$19.76	\$21.78	\$15.63
<b>Meat Order Sub-Total</b>		<b>\$25.52</b>	<b>\$21.71</b>	<b>\$24.96</b>	<b>\$25.92</b>	<b>\$27.51</b>	<b>\$19.83</b>
<b>BASKET TOTAL</b>		<b>\$55.26</b>	<b>\$49.24</b>	<b>\$53.41</b>	<b>\$57.24</b>	<b>\$55.75</b>	<b>\$34.60</b>

No Pork in any baskets this month.

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