



**WECAN**  
Food Basket  
Society

# FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Issue 23.07

July 2023

## A Message from the Chair...

Hello WECAN members!

My name is Suraya and I'm so excited to take on the role as Chair of the Board of WECAN Food Basket Society this year, after serving one year as a director and member of both the Governance and Human Resources committees last year. I am humbled to be working with such an amazing group of board members, staff, and of course, WECAN's incredible volunteers. I am blown away by your dedication, selflessness and kindness and am so grateful for the continuous support for the

program in our community -- thirty years after its inception. It is my hope that we can increase our presence in the community through outreach, knowledge sharing, relationship-building and collaboration so that more households in need can benefit from the program.

My upbringing taught me to always respect and appreciate food -- no wasting food, no food eating contests, no throwing food. Then, my extensive travel allowed me to see devastating poverty in many parts of the world as young as the age of four. This, together, influenced my studies where I completed a master's degree,

looking at Global Food Security and Sustainable Food Production. I now work full time as the Director of Operations at Leftovers Foundation exploring issues about food security at the local level and I am grateful to be spending time with WECAN to look at similar issues at a household level.

A sincere thank you for the immensely positive impact that you have all made in our community. I can't wait to see what we can accomplish together.

In Community,  
Suraya



**Remember to bring  
your reusable bags  
for WECAN Depot  
Day!**

### **Celebrate 30 Years of WECAN**

TGP (11628 142 St NW)

*THIS Saturday, between 11 and 2pm. Food is by donation,  
and we will be doing the raffle draw on site!*

*Can't make it Saturday?*

*Get your raffle tickets now at*

<https://www.rafflebox.ca/raffle/wecan30anniversary>

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



August Order Deadline:

**August 4**

August Order Pick-up:

**August 17 or 18**

### Crispy Chicken Thighs (Modified from Get Pocket)

#### INGREDIENTS

- 1/3 cup chicken stock
- 2 tbsp lemon juice
- 1 tbsp Dijon mustard
- 1 tbsp rosemary
- ¼ tsp red pepper flakes
- WECAN package of chicken thighs
- 8 garlic cloves, smashed
- Salt and pepper

#### INSTRUCTIONS

1. Whisk first 5 ingredients together; season with salt.
2. Heat cast-iron or other skillet over medium heat until hot (1-2 minutes). Place chicken skin-side down in skills. Place a smaller skillet on top and weigh down with soup cans. Cook until skins are golden brown (7-9 minutes)
3. Remove top skillet and cans. Flip chicken and reduce to medium low heat. Add garlic and cook until for 2-3 more minutes, until chicken is cooked through. Transfer chicken to a plate.
4. To same skillet, add stock mixture. Cook for 1-2 minutes, until slightly thickened. Spoon over chicken and enjoy! Serves 4.

<https://getpocket.com/explore/item/crispy-chicken-highs-with-garlic-and-rosemary>

### Black Pepper Ground Beef & Cabbage Stir Fry

#### INGREDIENTS

- 2 tbsp cooking oil (sesame or other)
- 2 bell peppers, sliced thin
- 1 yellow onion, sliced thin
- WECAN ground beef package
- 1 cup beef broth
- 1 tsp ground ginger and black pepper
- ¼ cup soy sauce
- 1 small (or half large) head of cabbage, sliced thin
- 2 tbsp corn starch
- ¼ cup of water

#### INSTRUCTIONS

1. Add oil to large skillet over medium heat. Stir in bell peppers, cook until lightly charred and softened. Add in onion and cook until softened.
2. Add beef, cook until no longer pink.
3. Stir in broth, black pepper, soy sauce and ginger. Add in cabbage a little at a time. Then cover with lid and cook 5-8 minutes, until cabbage is soft.
4. Mix cornstarch and water. Pour into skillet and stir to thicken sauce. Serve over rice. Enjoy!

<https://catherinesplates.com/black-pepper-ground-beef-cabbage-stir-fry/#recipe>

**Recipes this month thanks to Robert Hopgood of Sprucewood WECAN Depot!**

Price Comparison (\$)		WECAN	No-Frills	Save-On	Sobeys	Superstore	Walmart
Lemon	1	0.54	0.99	0.89	0.89	0.99	0.54
Oranges - Navel	4	3.2	7.68	8.44	6.36	6.16	5.68
Apples-Gala	4	2.96	5.52	5.04	5.56	5.52	4.76
Bananas	1kg	1.67	1.74	1.7	2.59	6.59	1.72
Broccoli	1	2.23	2.5	2.46	4.49	3.99	2.97
Romaine Lettuce	1	2.23	2.99	1.99	3.39	1.89	2.97
Cucumber (Engl)	2	2.3	3.38	3.98	5.16	3.58	3.34
<b>Produce Sub-total</b>		<b>15.13</b>	<b>24.8</b>	<b>24.5</b>	<b>28.44</b>	<b>28.72</b>	<b>21.98</b>
Lean Grd Beef	800g	8.4	12.8	12.32	14.08	10.21	10.18
Pork Loin Roast	1.6kg	6.99	24.66	24.64	28.18	24.66	24.6
Lean Grd Beef	800g	8.4	12.8	12.32	14.08	10.21	10.18
Chicken Thigh	1.2kg	8.99	19.82	25.08	15.864	10.56	10.5
<b>Meat Sub-Total</b>		<b>34.71</b>	<b>37.46</b>	<b>36.96</b>	<b>42.26</b>	<b>34.87</b>	<b>34.78</b>
<b>BASKET TOTAL</b>		<b>34.71</b>	<b>62.26</b>	<b>61.46</b>	<b>70.7</b>	<b>63.59</b>	<b>56.76</b>
<b>No Pork Meat Sub-Total</b>		<b>10.79</b>	<b>32.62</b>	<b>37.4</b>	<b>29.944</b>	<b>20.77</b>	<b>20.68</b>
<b>NO PORK BASKET TOTAL</b>		<b>19.19</b>	<b>57.42</b>	<b>61.9</b>	<b>58.384</b>	<b>49.49</b>	<b>42.66</b>

Thank You to  
WECAN's partners  
and supporters:



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