



**WECAN**  
Food Basket  
Society

# FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Issue 23.08  
August 2023

## A Message from the Chair...

Hello WECAN members!

The board and staff team at WECAN thank everyone who came out to our 30th Anniversary BBQ last month! It was wonderful to see some members out to celebrate and enjoy some 'smokies' with us. And we also have to say a special thank you to TGP Wholesale Market for sponsoring the food for this event.

As well, thank you to their chef Doug Robertson, for preparing the delicious hot dogs and letting us take over the culinary centre for the day.

This month, our staff and board members are keeping the celebratory spirit going at several community events. We cannot wait to spread the word about WECAN. Check out the list below for a few places you can find us out and about.

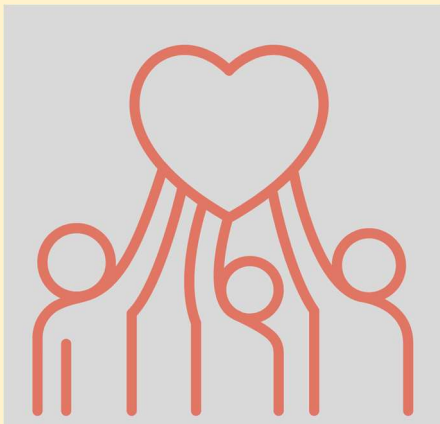
If you know any upcoming events that WECAN should attend, please let your Depot Coordinator know, or email our WECAN staff at

[outreach@wecanfood.com](mailto:outreach@wecanfood.com)

We cannot wait to see what surprises the 31st year of WECAN will bring!

Together, we can ALL eat!

## Reminders



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

### Where to Find WECAN in the Community

#### **August 18 (this Friday night!)**

Alberta Avenue Night Market, 6 – 10pm  
9606 118 St

#### **August 19 (this Saturday!)**

Centre for Inclusion Block Party, 11am – 2pm  
Winnifred Stewart Association  
11130 131 St NW

#### **September 1**

Alberta Avenue Night Market, 6 – 10pm  
11745 84 St

#### **September 23**

Jerry Forbes Love Local Event, 11-3pm  
12122 68 St NW

September Order Deadline:

**September 8**

September Order Pick-up:

**September 21 or 22**

## Homemade Hamburger Helper

### INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 1 large yellow onion cut into ½-inch dice
- 3 medium carrots scrubbed and cut into ¼-inch dice
- 3 garlic cloves minced (about 1 tablespoon)
- WECAN package of lean ground beef
- 2 to 3 teaspoons hot sauce
- 1 teaspoon Dijon mustard
- 2 teaspoons smoked paprika
- 1 can broth
- 2 cups water plus additional as needed
- 8 ounces elbow pasta
- ½ cup plain nonfat Greek yogurt
- 1 ½ cups grated sharp cheddar cheese
- ¼ cup chopped chives divided (optional)
- Salt and pepper to taste

### INSTRUCTIONS

- Heat large skillet over medium-low heat.
- Add the oil onion, carrot, salt, and pepper.
- Cook until the onion turns brown and soft (10 minutes) (don't shortcut this step; it builds a lot of flavor).
- Add the garlic cook just until fragrant (30 seconds)
- Increase heat to medium-high and add ground beef. - Break meat into small pieces and let cook until meat is browned and cooked through (6 minutes)
- Return the pan to the medium-high heat. Stir in hot sauce, Dijon, smoked paprika and broth.
- Add the water and stir to combine.
- Bring liquid to a boil over medium-high heat.

Add pasta and cook until al dente, stirring often.

Remove the pan from the heat and let cool 1 minute.

Add yogurt and cheese.

Stir until the cheese is melted and the ingredients are well combined.

Stir in half of the chives, then sprinkle the remaining chives on top. Enjoy hot.

<https://getpocket.com/explore/item/homemade-hamburger-helper>

## Parmesan Garlic Cabbage

### INGREDIENTS

- 2 1/2 tbsp olive oil
- 3 garlic cloves minced
- 1 red onion finely sliced
- 7 handfuls shredded green cabbage
- 1/2 - 3/4 cup shredded parmesan
- Salt and pepper to taste

### INSTRUCTIONS

Heat oil in a large skillet over high heat.

Add garlic and onion - cook for 2 minutes until onion is translucent.

Add cabbage and cook until wilted.

Stir through parmesan, season to taste with salt and pepper. Serve!

<https://realhousemoms.com/parmesan-garlic-cabbage/>

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

Price Comparison (\$)		WECAN	No-Frills	Superstore	Save On	Walmart	Sobeys
Bananas	1KG	\$1.67	\$1.74	\$1.74	\$1.70	\$1.72	\$1.90
Oranges - Navel	5	\$3.15	\$9.60	\$7.70	\$9.70	\$7.10	\$8.45
Broccoli	1	\$1.90	\$3.49	\$3.49	\$3.99	\$2.97	\$4.49
Green Cabbage	1	\$2.36	\$3.66	\$3.66	\$6.14	\$6.63	\$5.69
Cantaloupe	1	\$2.17	2.99	\$2.99	\$3.99	\$2.97	\$4.99
Romaine Lettuce	1	\$2.24	\$1.99	\$1.99	\$2.99	\$2.97	\$2.99
Long Cucumber	1	\$1.33	\$1.69	\$1.79	\$1.99	\$1.67	0.99
<b>Produce Sub-total</b>		<b>\$14.82</b>	<b>\$25.16</b>	<b>\$23.36</b>	<b>\$30.50</b>	<b>\$26.03</b>	<b>\$29.50</b>
Lean Grnd Beef	650G	\$6.83	\$9.10	\$9.10	\$10.01	\$10.01	\$10.73
Whole Chicken	1.5KG	\$13.00	\$16.50	\$19.82	\$18.03	\$16.47	\$15.40
<b>Meat Sub-Total</b>		<b>\$19.83</b>	<b>\$25.60</b>	<b>\$28.92</b>	<b>\$28.04</b>	<b>\$26.48</b>	<b>\$26.13</b>
<b>BASKET TOTAL</b>		<b>\$34.65</b>	<b>\$50.76</b>	<b>\$52.28</b>	<b>\$58.54</b>	<b>\$52.51</b>	<b>\$55.63</b>

\*Same items in No Pork and Standard Meat Baskets this month

Thank You to  
WECAN's partners  
and supporters:



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