



WECAN
Food Basket
Society

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Issue 23.09
September 2023

A Message from Outreach...

Hello WECAN members!

As the summer season ends, we've had a couple of events where we had the chance to meet members of the community and other organizations that share the same passion of serving our communities.

We've had the pleasure of tabling at events such as the Community Block Party hosted by Winnifred Stewart

Association, ABC Head Start and Community Options! Alberta Avenue Business Association also hosted us for their Night Market, and we got to table at their event a couple of times.

The most recent event that we attended was the Hullabaloo event organized by Northern Central Edmonton Family Resource Network at the YMCA Castledowns. It was a fun-filled event where many families came to learn more about the supports

that are available to them in the community! We had lots of engagement there as well and lots of people came to see our booth!

As we approach this weekend, I just want to take the time to promote our event happening **THIS SATURDAY – Toonie Carnival (September 23, 2023)** from 10 AM to 4 PM. It'll be at the Blue Quill Community League – come and join us for a good time!

Reminder: Toonie Carnival

WE ARE LOOKING FOR VOLUNTEERS!

WE are seeking 15 volunteers this Saturday from 8:30AM-1PM and 1 PM-6PM for various family friendly activities! If you are interested in volunteering, please contact info@wecanfood.com

Find us in these upcoming community events!

- **September 23: Love Local at the Jerry Forbes Centre 11-3 PM**
- **September 24: Spirit of Hope Community BBQ 12:00-1:30 PM**



Remember to bring your reusable bags for WECAN Depot Day!

October Order Deadline:
October 6
October Order Pick-up:
October 19 or 20

Corn Chowder
By: Paige Nelson

Makes 3 ½ cups, serves 3.

INGREDIENTS

- 1 cup diced potato
- ¼ cup sliced carrot
- ¼ cup chopped onion
- 1 slice bacon, diced
- 1 cup water
- Sprinkle celery salt
- ½ teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoon flour
- 1 cup milk
- ¼ cup grated Parmesan cheese
- 1 (10 oz.) can cream style corn

INSTRUCTIONS

1. Sauté bacon and onion over medium heat in saucepan until onion is soft and bacon is cooked.
2. Add the potato, carrot, water, celery salt, salt, and pepper.
3. Cover and simmer for 15 to 20 minutes until vegetable are tender.
4. Mix flour with part of the milk until smooth.
5. Add rest of the milk.
6. Stir into boiling vegetables until they return to a boil and thicken.
7. Add parmesan cheese and corn. Stir. Heat through to melt cheese.

Stuffed Cucumbers
By: Marion Zeniuk

Makes 6 servings.

INGREDIENTS

- 3 cucumbers, 7-8 inches long
- 1 cup tuna or salmon, canned, flaked
- 1 teaspoon grated onion
- ¼ cup finely chopped celery
- ½ cup breadcrumbs, soft
- 6 tablespoon mayonnaise
- 2 tablespoon lemon juice
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup buttered breadcrumbs
- A dash of paprika

INSTRUCTIONS

1. Wash cucumbers and cut in half crosswise.
2. Pare, boil about 5 minutes or until almost tender.
3. Cut off a thin slice the length of each cucumber.
4. Scoop out to make a shell about ½ inch thick.
5. Sprinkle with salt. Chop the removed pulp.
6. Combine tuna or salmon, onion, celery, soft breadcrumbs, mayonnaise, lemon juice, and seasonings.
7. Add chopped cucumber pulp.
8. Fill cucumber shells with the fish mixture.
9. Sprinkle with buttered crumbs and a dash of paprika.
10. Place in a shallow baking dish containing a little water.
11. Bake in a 375 F oven for about 30 minutes or until browned.

Recipes this month are from the WECAN Cooks Recipe Book! Available for purchase on our website! Thank you to everyone who contributed their recipes for our cookbook!

Price Comparison (\$)		WECAN	No-Frills	Superstore	Save On	Walmart	Sobeys
Bananas	1KG	\$1.70	\$1.74	\$1.74	\$2.60	\$1.72	\$1.80
Oranges - Navel	4	\$2.44	\$7.68	\$6.16	\$8.44	\$5.68	\$3.16
Apple, Gala	4	\$3.52	\$3.26	\$5.52	\$2.36	\$2.36	\$5.56
Cucumber, Long	1	\$1.77	\$1.69	\$1.99	\$1.79	\$1.67	\$1.79
Celery, Stalk	1	\$1.71	\$2.99	\$2.00	\$2.22	\$2.97	\$2.99
Carrots	2 LB	\$1.53	\$2.99	\$2.99	\$2.99	\$2.97	\$2.99
Lettuce, Green	1	\$2.23	\$2.99	\$2.99	\$2.99	\$2.97	\$2.99
Produce Sub-total		\$14.90	\$23.34	\$23.39	\$23.06	\$19.35	\$21.28
Lean Grnd Beef	600 G	\$7.07	\$8.40	\$8.40	\$9.24	\$9.30	\$9.90
Chicken, leg with back (2)	2.6 KG	\$13.75	\$21.75	\$15.60	\$22.88	\$22.78	\$22.88
Meat Sub-Total		\$20.82	\$30.15	\$24.00	\$32.12	\$32.08	\$32.78
BASKET TOTAL		\$35.72	\$53.49	\$47.39	\$55.18	\$51.43	\$54.06

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

Thank You to
WECAN's partners
and supporters:



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