



FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

**Thank you to WECAN's
Partners
and Supporters**



**Next Payment Deadline:
November 3**

Contact Us!



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Message from the Chair

At WECAN, we are committed to having our finger on the pulse, of participating in the important conversations about food security in our local community, and supporting hundreds of our neighbours who benefit from our programming.

Collaboration is an essential aspect of building strong, thriving, and resilient communities, and it is at the heart of what we do.

As a non-profit organization as a whole, we are always growing and evolving - we are required to be adaptive, fluid, and receptive to changes. Not only in our geographical communities, but also in our communities of practice; in the constantly changing social dialogue in which we participate, and through our responsibilities to our environment and to each other.

It is our hope that we are helping to build equity within our current system, to encourage social participation, community engagement, collaboration, and to inspire the mobilization of knowledge.

Reminders:

Remember to bring your reusable bags for WECAN depot days!



Mark your calendar for November 25: WECAN's Appreciation Celebration for our volunteers and partners!



A Big Thank you!

This month members will receive additional items in their food order as part of a bequest given to the Wecan Food Basket Society from Adrian Vereyken. A gift of \$10.00 per order helped purchase a whole chicken and an increased number of produce items. Adrian is the late brother of Cathy Vereyken, the Wecan Food Basket founder, whose collaborative efforts with residents and community agencies in the Abbotsfield/Rundle neighbourhoods, established the basket program over 30 years ago. Thank you to the family of Adrian Vereyken who, in this month of thanksgiving, facilitated this gift.



[wecan_foodbasketociety](https://www.instagram.com/wecan_foodbasketociety)



WECAN Food Basket Society of Alberta

Monthly Recipes!

“As the fall season runs away, and all the golden leaves give way to a wintry landscape, there is no better time than now to indulge in the deliciousness of a pumpkin pie. Here’s something you can try baking this fall.” - Moush

Ingredients:

- Pie Crust (store bough or you can make your own)
- Brown Sugar
- Pinch of Salt
- Spices - All Crushed together
 - Cinnamon
 - Nutmeg
 - Cloves and Ginger
- Pumpkin Puree (Libby's, and not pumpkin pie filling)
- Evaporated Milk
- Eggs (3-4)



Steps:

- In a large mixing bowl, whisk together the sugar, spices, and salt
- Add the pumpkin puree and evaporated milk to the mixture
- Add the eggs
- Whisk until well combined
- Pour into the pie shell
- You can brush the edges of the pie crust with an egg wash if you desire.
- Bake for 15 minutes. Reduce the oven temperature to 350F. Continue baking until the filling is puffed and jiggles slightly in the center when gently shaken. Remove the pumpkin pie from the oven and let cool completely on a wire rack.

Chicken and Broccoli Stir Fry

Detailed Recipe on [Natashaskitchen.com](https://natashaskitchen.com)

Recipe provided by Robert Hopgood of Sprucewood WECAN Depot!

Ingredients:

- Chicken and Broccoli:
 - 1 lb chicken breast, (boneless skinless), cut into 3/4" pieces
 - 2 Tbsp cooking oil, (I used extra light olive oil), divided
 - 1 lb broccoli, cut into florets (about 5 cups)
 - 1 small **yellow onion**, sliced into strips
 - 1/2 lb white button mushrooms, thickly sliced
- Stir Fry Sauce Ingredients
 - 2/3 cup **low sodium chicken broth**
 - 3 Tbsp low sodium soy sauce, (use Tamari for gluten free), or added to taste
 - 2 Tbsp **light brown sugar**, packed (or honey to taste)
 - 1 Tbsp corn starch
 - 1 Tbsp **sesame oil**
 - 1 tsp fresh ginger, peeled and grated (lightly packed)
 - 1 tsp garlic (2 small cloves), grated
 - 1/4 tsp black pepper, plus more to season chicken

Steps:

- Make the Sauce: Combine all of the sauce ingredients and stir to dissolve the sugar. The warm broth will help the sugar to dissolve easily.
- Cook Chicken: Cut chicken into small 3/4" bite-sized pieces and season lightly with black pepper. Heat a large heavy skillet over medium-high heat with 1 Tbsp oil. Add chicken and cook 1 minute undisturbed then stir fry 5 minutes until golden and just cooked through. Remove chicken to a bowl.
- Sautee Veggies: In the same skillet over medium-high heat, add 1 Tbsp oil, broccoli florets, sliced onion and mushrooms and stir fry 3 minutes until mushrooms are softened then reduce heat.
- Add Stir Fry Sauce: Give the sauce a quick stir in case there was settling and add it to the skillet. Simmer the sauce over medium/low heat for 3-4 minutes until thickened and garlic and ginger have mellowed in flavor. To thin the sauce, add water as needed and you can add more soy sauce to taste.
- Return Chicken to the Pan and stir until heated through then serve over white rice garnished with sesame seeds if desired.

Price Comparison

**Same items in No Pork and Standard Meat Baskets this month
**Basket contents increased this month due to a generous one-time donation. This extra value is roughly \$10 more per whole basket*

Food Item	Amount	WECAN	No Frills	Superstore	Save on	Walmart	Sobeys
Beef, Lean Ground	800 G	\$8.40	\$12.80	\$10.21	\$12.32	\$10.18	\$14.08
Chicken, Fryer	1.2 KG	\$10.79	\$19.82	\$10.56	\$25.08	\$10.50	\$15.864
Banana, Chiq	1 KG	\$1.70	\$2.00 per bunch (\$1.74/kg)	\$2.00 per bunch (\$1.74/kg)	\$0.35 each (1.70/kg)	\$0.49 (\$2.1/kg)	\$3.29 (\$2.4/kg)
Orange, Navel	7	\$0.55	\$1.92	\$1.54	\$2.11 (regular \$2.28)	\$1.42	\$1.99
Apple, Gala	6	\$0.69	\$5.1/kg	\$1.38 (\$6.59/kg)	\$0.59 (regular \$1.35)	\$0.79	\$1.11 (regular \$1.39)
Onion, Yellow	1	\$1.95	\$2.99	\$2.99	\$2.99 (regular \$3.49)	\$2.97	\$3.44
Carrot, Cello	2LB Bag	\$1.34	\$2.99	\$2.99	\$2.66	\$2.65	\$2.69
Cabbage, Green	1	\$0.96	\$1.79	\$1.79	\$2.49	\$1.77	\$2.49
Celery, Stalk	1	\$1.58	\$3.49	\$1.49 (regular \$3.49)	\$4.45	\$3.97	\$4.49
Lettuce, Romaine	1	\$2.24	\$2.99	\$2.99	\$2.99	\$2.47	\$2.29
Lemon, Lrg	1	\$1.60	\$1.98	\$1.98	\$1.78	\$1.58	\$1.78
Total Produce	-	\$19.86	\$36.69	\$35.03	\$38.57	\$32.19	\$40.17
Total Meat*	-	\$24.87	\$27.38	\$25.56	\$35.75	\$31.97	\$31.90
Total Basket**	-	\$44.73	\$64.07	\$60.59	\$74.32	\$64.16	\$72.07