



FOOD BASKET BULLETIN

Funders and Donors



**Next Payment Deadline:
December 8**

Contact Us!

 www.wecanfood.com

 780-413-4525

 info@wecanfood.com

 The Jerry Forbes Centre
12122 68 St NW, Edmonton,
AB T5B 1R1

If you'd like to support us, please scan the QR code here!



Message from the Secretary

Hello WECAN members,

This month, our board members are thinking about our communities. While being a WECAN member makes you part of our food security-focused community, we also recognize that each member is part of many other groups and communities as well. Whether your family is local or across the world from you, we know there is a lot of turmoil and heaviness going on in the world right now. We hope that if you are having a difficult time this month, that you can find moments of joy and levity, even just in the time when you come to pick up your WECAN basket.

Please know that the WECAN team's thoughts are with all our community members, whether local or international, who are facing food insecurity or worrying for loved ones. And we thank you for participating in our food programming each month.

November is also the month that the WECAN team takes time to appreciate our volunteers! We could not exist without all the hard work that volunteers and our agency partners put in each month at every depot. Please take the time this month to thank your depot coordinator or other volunteers.

Yours in food and community!

Reminders:

Appreciation Celebration!



When: November 25, 2023 from 10 AM - 1 PM

Details: If you help your depot run and want to know more, check your email or ask your coordinator to register.

Food Fact!

To keep bananas fresh and yellow for longer, wrap the stem of a bunch in plastic (saran wrap works best)!

Source: Real Simple (realsimple.com)

Monthly Recipes!

“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home.” - Edith Sitwell

Cabbage Beef Casserole

Recipe resourced from **WECAN Cooks**

Recipe provided by Noreen Sproule

Ingredients:

- 1 tbsp. oil
- 1 lb. ground beef
- 1 onion, chopped
- 3 tbsp. rice, uncooked
- Pinch of pepper
- 1 can tomato soup
- 1 soup water
- 3 cups coarsely shredded cabbage

Steps:

- Preheat over to 325 F
- Heat oil in a frying pass and add the ground beef. Once it starts to brown, add onion, pepper and rice. Cook for 3 to 5 minutes. Stir often. Mix in soup and water just to heat through.
- Please the shredded cabbage in the bottom of a casserole. Put the meat mixture over the top. NOTE: Do not stir
- Cover and bake for 1 hour and 30 minutes. Serve piping hot.

**** Makes 4 generous servings ****

Banana Bread

Recipe resourced from **WECAN Cooks**

Recipe provided by Ferb Bouwmeester

Ingredients:

- Banana Bread Recipe:
 - 2 coups bread flour
 - 1/2 cup sugar
 - 1 tsp. baking power
 - 1/2 tsp. baking soda
 - 1/4 tsp. salt
 - 3/4 cup butter or shortening
 - 1 egg
 - 2/3 cup bananas, mashed
 - 3 tbsp. sour milk
- Sour Milk Recipe:
 - 1 tsp. vinegar
 - 1 cup milk

Steps:

- Banana Bread:
 - Preheat oven to 350 F.
 - Cream shortening/butter and sugar together.
 - Add egg and then add the mashed bananas
 - Stir in the dry ingredients (bread flour, baking powder, baking soda, salt) alternating with sour milk
 - Bake in a greased 8x4 inch loaf pan at 350 F for 1 hour.
- Sour Milk:
 - Add vinegar to milk and stir
 - Wait 5 minutes before use.



**** WECAN Cooks Cookbook is still available for purchase ****

Price Comparison

***Due to supply chain challenges, the count of items and exact weight will no longer be included going forwardd**
***Same items in No Pork and Standard Meat Baskets this month**

Food Item	WECAN	No Frills	Superstore	Save on	Walmart	Sobeys
Beef, Lean Ground	\$13.21/kg	\$14.00/kg	\$14.00/kg	\$15.40/kg	\$12.72/kg	\$15.40/kg
Chicken, Thigh	\$3.89/kg	\$17.61/kg	\$17.61/kg	\$9.90/kg	\$11.40/kg	\$13.22/kg
Banana, Chiq	\$1.70/kg	\$1.74/kg	\$1.74/kg	\$1.70/kg	\$2.10/kg	\$1.80/kg
Apple, Gala	\$3.24/kg	\$6.95/kg	\$4.34/kg	\$2.80/kg	\$4.34/kg	\$1.39 each
Orange, Med	\$3.57/kg	\$5.49/kg	\$4.39/kg	\$5.50/kg	\$4.34/kg	\$1.99 each
Potato, Russet 5lb bag	\$3.43 each	\$5.99 each	\$5.99 each	\$5.99 each	\$5.97 each	\$5.49 each
Broccoli, Bunch	\$1.89 per bunch	\$3.49 per bunch	\$2.97 per bunch	\$7.99 per bunch (organic)	\$2.97 per bunch	\$3.99 per bunch
Cabbage, Green	\$1.41/kg	\$2.18/kg	\$2.84/kg	\$3.70/kg	\$2.14/kg	\$3.99 each