



FOOD BASKET BULLETIN

Funders and Donors



Next Payment Deadline:
January 5

Contact Us!

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 The Jerry Forbes Centre
12122 68 St NW, Edmonton,
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If you'd like to support us, please scan the QR code here!



Message from Outreach

Hello WECAN members,

As we approach this holiday season, I want to share with you all a quote from Dr. Debasish Mridha, the author of Verses of Happiness - "*May the splendor of the holiday season and the beauty of the lights enlighten your life and warm your heart*" (Goodreads.com). I hope that this quote resonates with you and you are reminded of the joys that this season brings you.

I would also like to highlight that the holidays can be challenging for some individuals and families, and I want to express our gratitude to our members, volunteers, partnered organizations, board members and fellow staff that make it possible for us to offer our services to people. Thank you everyone for participating in our services and helping us spread the word to the community and more! I wish you the best in what's left of the year and we hope to you in the new year!

One last anecdote, please feel free to send us suggestions for social media posts or what you would like to see from us in the future (posts and infographic wise). Send your interests to outreach@wecanfood.com

Reminders:

Please remember to bring your reusable bag on Depot Days!



Food Fact!

When blanching cauliflower, add a few teaspoons of salt to the boiling water to help preserve the texture of the cauliflower.

Source: Masterclass.com

Monthly Recipes!

“Kindness is like snow. It beautifies everything it covers.” –Kahlil Gibran

Potato Wedges

Recipe resourced from **WECAN Cooks**

Recipe provided by **Paige Nelson**

Ingredients:

- 4 Russet potatoes
- 1 tablespoon canola oil
- Granulated garlic or garlic powder
- Ground black pepper



Steps:

- Preheat the oven to 425°F.
- Scrub potatoes and cut each one into 8 wedges. Soak potatoes in bowl of ice water for 15 minutes
- Drain wedges and pat dry with paper towel. Place wedges in a clean bowl.
- Drizzle oil over wedges. Sprinkle with pepper and garlic. Toss to coat
- Arrange wedges on lightly oiled baking sheet. Bake at 425 F for approximately 20 minutes. Turn wedges over and bake for an additional 20 minutes. Turn wedges over and bake for an additional 20 minutes or until golden brown

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

One-Pan Roasted Chicken with Carrots

Recipe resourced from **PureWow Editors**

Ingredients:

- 4 chicken thighs
- 1½ pounds carrots, peeled and trimmed
- 1 large onion, peeled and cut into eighths
- 1 head of garlic
- 4 tablespoons olive oil
- 1 tablespoon chopped fresh rosemary
- Kosher salt and freshly ground black pepper, to taste

Steps:

1. Preheat the oven to 425°F.
2. Arrange the carrots and onion in a single layer on a greased baking sheet.
3. Slice the top off a head of garlic; discard the top and place on the tray.
4. Drizzle 2 tablespoons of olive oil over the vegetables; season with the rosemary, and salt and pepper.
5. Top with the chicken thighs. Rub each thigh with 1 teaspoon olive oil; season with salt and pepper.
6. Roast in the oven until the chicken skin is golden and the carrots are tender, 15 to 20 minutes.
7. To serve, divide the vegetables and chicken thighs among four plates.

Price Comparison

****The sum does not represent the total cost of the food basket (e.g., the food basket contains more than 1kg of chicken. This value can be used to compare the relative cost of the basket between stores
*Same items in No Pork and Standard Meat Baskets this month**

Food Item	WECAN	No Frills	Superstore	Save on	Walmart	Sobeys
Beef, Lean Ground (per kg)	\$13.07	\$15.00	\$15.00	\$17.60	\$15.50	\$16.50
Chicken, Drumstick (per kg)	\$5.39	\$8.80	\$8.80	\$11.70	\$7.64	\$12.10
Banana, Chiq (per kg)	\$1.69	\$1.74	\$1.74	\$1.70	\$1.70	\$1.70
Apple, Gala (each)	\$0.70	\$1.39	\$1.15	\$0.84 (regular \$1.35)	\$0.79	\$1.39
Orange, Naval (each)	\$0.76	\$1.92	\$0.76 (regular \$1.54)	\$2.28 (regular \$2.71)	\$1.23	\$1.99
Cucumber, Long (each)	\$1.76	\$2.29	\$2.29	\$2.99	\$1.97	\$2.29
Broccoli, Bunch	\$2.14	\$3.39	\$2.29 (regular \$3.49)	\$8.13	\$2.97	\$3.99
Cauliflower (each)	\$3.55	\$3.99	\$4.47	\$4.49 (regular \$5.99)	\$4.97	\$5.49 (regular \$5.99)
Carrot, Cello (2 lb)	\$1.32	\$2.99	\$2.29	\$1.99 (regular \$4.69)	\$2.97	\$2.69
Sum of the relative cost of items in food basket**	\$35.77	\$50.31	\$47.58	\$63.42	\$47.38	\$60.24