



FOOD BASKET BULLETIN

Funders and Donors



Next Payment Deadline:
February 9

Contact Us!

 www.wecanfood.com

 780-413-4525

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 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 Board Chair

HAPPY NEW YEAR!

The WECAN Food Board of Directors has been working hard to finalize a new strategic plan with the help of the Edmonton Chamber of Voluntary Organizations for the new year while also making sure that WECAN has a voice in the Edmonton Food Security Landscape through attending community events. We are on a role internally so GET READY amazing people!! Speaking of you...

THANK YOU FOR ALL THAT YOU DO. As we start the new year and reflect on the impact of your volunteerism, we want you to know how much you are valued and appreciated. Your compassion and dedication embody the spirit of WECAN, and we are fortunate to have you as part of our team. Your energy, time, and good vibes have made a real impact on what we do. Folks, lets collectively start this year off with a BANG to make sure our program can GROW and help more people! I believe in and am confident of this program and in all of you. Thank you. Sincerely. WE CAN DO IT together!

Reminders:

Please remember to bring your reusable bag on Depot Days!



Food Fact!

Soak sliced apples in lemon juice to prevent browning.

Source: Shelfcooking.com



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



WECAN Food Basket Society of Alberta

Monthly Recipes!

"The beginning is the most important part of the work." –Plato

Shipwreck

Recipe resourced from WECAN Cooks

Recipe provided by Louise Kiddle

Ingredients:

- 2 medium onions, sliced
- 5 raw potatoes, sliced
- 1 lb. ground beef
- 1/2 cup rice
- 1/2 cup diced
- 1 can tomato or mushroom soup
- 1 can hot water

Steps:

- Brown the ground beef
- Place onions in the bottom of the casserole
- Add potatoes, ground beef, rice and celery
- Top with soup and water
- Bake, covered, in a 350 F oven for 1 hour or until done



Sour Cream Coffee Cake

Recipe resourced from WECAN Cooks

Recipe provided by Suzanne Riggsby

Ingredients:

- 1 cup butter/margarine
- 1 cup sugar
- 2 eggs
- 1 cup sour cream
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1 1/2 cup flour
- 1/2 cup brown sugar
- 1 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 cup chopped pecans

Steps:

1. Preheat oven to 375 F. Grease a 10 inch tube pan (bundt or angel food pan will also do).
2. Batter: Cream butter; add 1 cup sugar, eggs, and sour cream. Beat together. Sift baking soda, baking powder and flour. Add to the butter mixture. Beat well.
3. Filling: Combine 1/2 cup brown sugar, cinnamon, nutmeg and chopped pecans. Sprinkle 1/3 of this filling into the pan. Add 1/2 the batter mixture, add more filling into the pan. Add 1/2 the batter mixture, add more filling and the rest of the batter. Top with the remaining filling.
4. Bake for 40 to 45 minutes. Let it stand for 10 minutes before removing from the pan.

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

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)	\$13.21	\$15.00	\$15.00	\$15.40	\$13.30	\$16.51
Chicken, Whole (per kg)	\$6.81	\$11.66	\$11.00	\$12.54	\$11.30	\$11.00
Turkey, Ground (per lb)	\$2.69	\$8.00	\$8.00	\$8.36	\$6.98	\$6.49
Banana, Chiq (per bunch)	\$1.69	\$2.00	\$2.00	\$1.75	\$1.80	\$1.90
Apple, Gala (each)	\$0.75	\$1.15	\$1.15	\$0.84 (regular \$1.35)	\$0.79	\$1.27
Orange, Med (each)	\$0.81	\$1.54	\$1.54	\$1.69 (regular \$2.71)	\$1.23	\$2.31
Broccoli, Bunch	\$1.99	\$3.49	\$3.49	\$8.13	\$3.47	\$3.99
Lettuce, Romain (each)	\$2.09	\$2.99	\$2.00	\$3.29	\$2.97	\$3.29
Potato, Red (per 5 lb)	\$3.49	\$6.99	\$6.99	\$7.19	\$3.97	\$5.99
Cost of Food Basket Order	\$34.96	\$59.89	\$58.77	\$63.41	\$50.88	\$56.41