



# FOOD BASKET BULLETIN

## Funders and Donors



**Next Payment Deadline:**  
**March 8**

## Contact Us!

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



## Message from Outreach

Hello everyone!

I hope you are all doing well. This month has gone by so quick, we hope you are taking the time to take care of yourself and those around you.

It has been such a pleasure to watch our community grow and prosper! This month has been filled with amazing events celebrating our diverse community. With that said, I hope that you had the chance to learn and explore the events that happened in our city - one being the Lunar New Year and the other celebrating Black History Month. We are always open to have conversations with our members and the community, please feel free to reach out to learn more!

## Reminders:

### Casino Volunteers Needs on May 10-11!

Daytime (Friday and Saturday):

- Chip-Runners (2 people): 1:30 PM - 9:00 pm

Evening (Friday and Saturday):

- Chip-Runners (2 people): 8:30 PM - 3:15 AM
- Countroom (6 People needed each day): 11:00 PM - 3:15 AM

**For more info email: [dawn@wecanfood.com](mailto:dawn@wecanfood.com)**

## Food Fact!

Wrap celery tightly in aluminum foil and store it in your refrigerator's crisper drawer

Source: Tastingtable.com

# Monthly Recipes!

"The time is always right to do what is right." - Dr. Martin Luther King, Jr

## Klets Scoppen

Recipe resourced from **WECAN Cooks**

Recipe provided by **Willemka Bouwmeester**

### Ingredients:

- 2 cup dark brown sugar
- 1 egg
- 1/2 lb butter
- A pinch of salt
- 1 cup flour
- 1/4 lb almonds, chopped fine

### Steps:

- Mix all ingredients in large bowl until well combined
- Drop by 1/2 teaspoonful onto parchment paper lined cookie sheet, leaving 2 inches between each cookie
- Bake at 325 F for 8 minutes.
- Allow to cool on pan for about 2 minutes before removing cookies to continue cooling on paper towels.
- Makes 5 to 6 dozen

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

## Celery Salad

Recipe resourced from **WECAN Cooks**

Recipe provided by **Rev. Rebecca Craver**

### Ingredients:

- 1/2 cup raw almonds
- 8 celery stalks, thinly sliced on a diagonal, leaves separated
- 6 dates, pitted and coarsely chopped
- 3 tsbsp. fresh lemon juice
- Kosher salt
- Fresly ground black pepper
- 2 oz. parmesan cheese, shaved
- 1/4 cup extra virgin olive oil
- Crushed red pepper flakes

### Steps:

1. Preheat oven to 350 F.
2. Spread out almonds on a small rimmed baking sheet.
3. Toast almonds, stirring occasionally, until golden brown, 8 to 10 minutes
4. Let cool and coarsely chop
5. Toss almonds, celery, celery leaves, dates, and lemon juice in a medium bowl.
6. Season with salt and pepper
7. Add Parmesan and oil; toss gently
8. Season with red pepper flakes.



## Price Comparison

**\*\*The sum does not represent the total cost of the food basket (e.g., the food order 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 (500 g)	\$6.61	\$7.49	\$7.49	\$7.00	\$6.97	\$7.49
Chicken, thighs (per kg)	\$10.64	\$18.41	\$15.00	\$10.30	\$20.50	\$16.00
Chicken, Ground (per lb)	\$2.69	\$8.00	\$8.00	\$5.95	\$2.97	\$6.49
Banana, Chiq (per bunch)	\$1.70	\$2.00	\$2.00	\$1.75	\$2.00	\$2.39
Apple, Gala (each)	\$0.75	\$1.15	\$1.15	\$0.84 (regular \$1.35)	\$0.99	\$1.29
Orange, Med (each)	\$0.74	\$1.15	\$1.15	\$1.69 (regular \$2.71)	\$1.54	\$1.69
Celery (stalk)	\$1.78	\$3.49	\$3.49	\$2.51	\$2.97	\$3.99
Lettuce, Romain (each)	\$2.09	\$3.49	\$3.49	\$3.99	\$2.97	\$3.29
Cauliflower	\$3.66	\$3.99	\$4.99	\$2.99	\$4.97	\$6.99
Cost of Food Order	\$34.39	\$53.66	\$54.66	\$42.10	\$53.47	\$58.56