



FOOD BASKET BULLETIN

Funders and Donors



**Next Payment Deadline:
April 5**

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 Board Chair

Dear WECAN Community,

As we journey through the month of March, I find myself reflecting on the incredible strides we've made together as a community and the exciting opportunities that lie ahead. It is with great pleasure that I share with you some updates and insights from our board as we continue to navigate the path of growth and impact.

First and foremost, I want to express my heartfelt gratitude to each and every one of you who contribute your time, energy, and resources to our shared mission. Your dedication is the driving force behind our success, and I am continually inspired by your passion and commitment.

In the spirit of embracing change and innovation, our board has been diligently working on several initiatives. Last month, we worked on finalizing and actioning our strategic goals for the year. We recognize the ever-evolving needs of our community, and we are committed to adapting and evolving alongside them. Because of this, the next thing on our agenda is re-evaluating our mission, values and goals to ensure that they reflect what the community really needs. We are also diligently working on revamping our website so stay tuned for that!

As we look ahead to the rest of the year, I am filled with optimism and enthusiasm for what we can achieve together. With your continued support and collaboration, I have no doubt that we will accomplish great things and make a meaningful difference in the lives of those we serve.

Thank you once again for your unwavering dedication to our cause. Together, we are truly making a difference.

Warm regards,
Suraya Hudson

Reminders:



CASINO VOLUNTEERS NEEDED!

We are still looking for 2 Chip runners for our Casino, Friday May 10 (1:00-9:00 pm), at the Grand villa Casino in Rogers Place.

Email: dawn@wecanfood.com

April is the start of the 2024/2025 WECAN year! Please make sure to pay your \$5 membership when placing your order for this upcoming month.

WECAN is looking for volunteers to join our Board of Directors this spring! Email madi@wecanfood.com for more information

Monthly Recipes!

"Spring: a lovely reminder of how beautiful change can truly be." - Unknown

Spicy Chicken Lettuce Wraps

Recipe resourced from **Bon Appetit**

Recipe provided by **Robert Hopgood**

Ingredients:

- 2 tbsp. soy sauce
- 1 tbsp. dark brown sugar
- 1 tsp. fish sauce
- 1 tbsp Sriracha
- 2 tbsp. vegetable oil
- 3 scallions, thinly sliced
- 2 garlic cloves, finely chopped
- 1 lb. ground chicken
- Kosher salt
- Lettuce Leaves, herbs, lime wedges

Steps:

1. Mix soy sauce, brown sugar, fish sauce, and 1 Tbsp. sriracha in a small bowl; set aside.
2. Heat oil in a skillet over medium. Add scallions and garlic and cook, stirring occasionally, until softened (a little color is okay), about 3 minutes.
3. Add chicken and lightly season with salt. Cook, breaking up with a wooden spoon and tossing occasionally, until chicken is cooked through, 5-7 minutes.
4. Add reserved soy sauce mixture and cook, tossing occasionally, until liquid is almost completely reduced, about 2 minutes.
5. Serve chicken mixture with lettuce, herbs, lime wedges, and more sriracha for making lettuce wraps.

Orange Cake from My Childhood

Recipe resourced from **Yummly**

Ingredients:

- 5 eggs
- 1 cup sugar
- 2 oranges (zest)
- 3/4 orange juice
- 2 cups flour
- 1 tsp. baking powder

- Preheat 180 degrees Celsius
- Grease an angel food cake pan
- In a bowl, add the eggs, sugar, and zest and beat well for about 5 minutes until you get a thick mixture
- Add orange juice and stir until well mixed
- Add the sifted mixture of flour and baking power, gently mix
- Pour the batter in the mold and bake for 30-40 minutes.



****This row is not the sum of the columns above it (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**

Price Comparison

Food Item	WE CAN	No Frills	Superstore	Save on	Walmart	Sobeys
Beef, Ground	\$13.21	\$15.00	\$15.00	\$15.40	\$15.50	\$16.51
Beef, Roast	\$16.96	\$23.13	\$27.54	\$30.80	\$24.18	\$26.43
Banana, Chiq	\$1.70	\$1.74	\$1.74	\$1.70	\$1.70	\$1.74
Apple, Gala	\$0.68	\$6.59	\$6.59	\$7.90	\$5.45	\$3.30
Orange, Naval	\$0.64	\$1.84	\$4.39	\$4.40	\$4.34	\$3.26
Broccoli, Bunch	\$1.84	\$3.28	\$3.49	\$5.28	\$2.97	\$3.99
Cucumber, Long	\$1.45	\$3.49	\$2.49	\$1.49	\$0.97	\$2.69
Celery, Bunch	\$1.78	\$3.49	\$2.77 (reg. \$3.49)	\$4.45	\$2.77	\$3.99
Cost of Food Order**	\$34.26	\$50.79	\$56.23	\$61.35	\$48.86	\$56.48