



FOOD BASKET BULLETIN

Funders and Donors



Next Payment Deadline:
May 3

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 Earth Day approaches, we're reminded of the profound connection we share with our planet and the responsibility we bear to protect it for future generations. It's essential to recognize the interconnectedness of various environmental issues, including food access. While Earth Day traditionally focuses on environmental conservation and sustainability, it's equally crucial to address the challenges surrounding access to nutritious food for all individuals, especially in the face of climate change and environmental degradation. This is what our community does. Thank you so much for your support in making a difference in the lives of others and to the environment.

Happy Earth Day! 🌍

Reminders:



ANNUAL GENERAL MEETING

May 25, 2024 at 11 AM

In the lower level of the Edmonton Moravian Church, 9540 83 Ave NW

JOIN OUR BOARD OF DIRECTORS

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

Food Fact!

After separating bananas, rinse the ends off and dry so fruit flies won't hatch!

Source: shelfcooking.com

Monthly Recipes!

"If people were silent, nothing would change." — Malala Yousafzai

Creamy Broccoli Salad

Recipe resourced from **Green Goddess**
Recipe provided by **Robert Hopgood**

Ingredients:

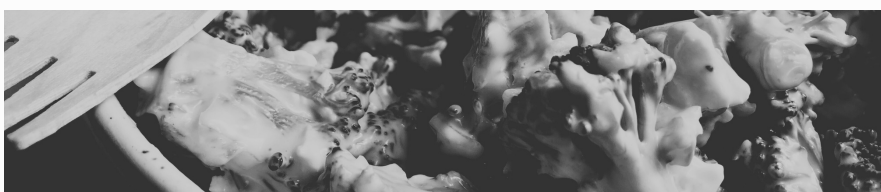
- 1 medium head of broccoli
- 1 carrot
- 2-3 spring onions
- 1 apple
- 1/3 cup raisins
- 🍷 Salad Dressing:
 - 1/2 cup mayonnaise
 - 1/2 cup sour cream
 - 1 spoon of sugar
 - 1 lemon
 - 1 teaspoon of salt and black pepper

Steps:

1. Chop the broccoli, spring onions and apples, shred the carrots.
2. In a large bowl, add the chopped veggies along with the raisins.

Salad Dressing:

1. In a smaller bowl, add mayonnaise, sour cream, sugar, salt, black pepper.
2. Juice the lemon and add to the mixture.
3. Mix well and add on top of the veggies!



Banana Bars

Recipe resourced from **The Big Man's World**

Ingredients:

- 4 cups rolled oats
- 6 medium bananas
- 1 cup peanut butter
- 1/4 cup chocolate chips

Steps:

- Preheat 180 degrees Celsius/350 F
- Line an 8x8 inch pan with parchment and set aside
- In a large mixing bowl, combine all your ingredients and mix well.
- Fold thorough half you chocolate chips
- Pour batter into the greased baking tray and press down evenly.
- Top with extra chocolate and bake for 12-15 minutes, or until golden on the outside and firm in the center
- Remove from the oven and allow to cool completely before slicing into bars.

****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	WECAN	No Frills	Superstore	Save on	Walmart	Sobeys
Beef, Ground	\$13.21	\$14.00	\$14.00	\$15.40	\$16.60	\$16.50
Chicken Leg w/ Back	\$6.59	\$8.58	\$8.58	\$9.50	\$8.78	\$8.80
Turkey, Ground	\$2.69	\$17.60	\$17.60	\$22.00	\$17.60	\$14.40
Banana, Chiq	\$1.70	\$1.74	\$1.74	\$1.70	\$1.70	\$1.80
Apple, Gala	\$2.31	\$6.59	\$6.59	\$4.40	\$6.55	\$6.60
Orange Naval	\$2.56	\$4.39	\$4.39	\$3.90	\$4.34	\$4.40
Lemon	\$0.48	\$0.99	\$0.99	\$0.99	\$0.87	\$0.89
Cucumber, English	\$1.19	\$2.29	\$2.29	\$2.39	\$1.97	\$2.29
Celery	\$1.54	\$2.99	\$2.99	\$4.45	\$2.97	\$2.99
Potato	\$2.50	\$5.99	\$5.99	\$5.99	\$4.97	\$2.99
Cauliflower	\$3.50	\$3.99	\$4.99	\$4.99	\$4.97	\$5.49
Cost of Food Order**	\$34.26	\$57.83	\$58.83	\$60.95	\$57.48	\$47.71