



# FOOD BASKET BULLETIN

## Funders and Donors



**Next Payment Deadline:  
July 5**

## Contact Us!

 [www.wecanfood.com](http://www.wecanfood.com)

 780-413-4525

 [info@wecanfood.com](mailto:info@wecanfood.com)

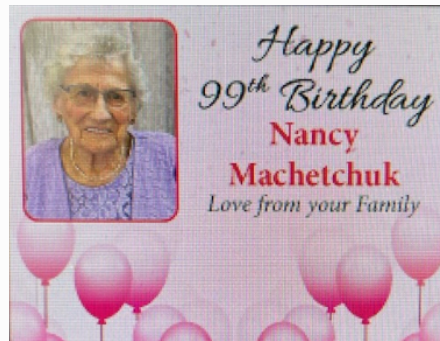
 The Jerry Forbes Centre  
12122 68 St NW, Edmonton,  
AB T5B 1R1

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



## Announcements

As a grant reporting requirement from the Government of Alberta, we are asked to collect feedback on how the food basket program improves your wellbeing. The survey is one question and helps show that their funding achieves their goals. Thank you for taking the time.



Nancy Matetchuk has been a Wecan volunteer since March 2017. Nancy turned 99 years old on June 8, 2024! Nancy brings our volunteers homemade treats & ensures fresh coffee is made & served each month. Many thx to Shari who ensure Nancy arrives & gets home safely each time Nancy volunteers for Wecan.

## WECAN AGM UPDATE

18 members and 2 guests attended 2024's AGM and Service Awards on June 8th at Edmonton Moravian Church. We reflected on the program over the past year with food, fellowship and gratitude for each other's efforts. Those awarded but could not attend will receive their awards with this month's food distribution. Feel free to contact the office to receive a copy of the annual report and minutes when finalized.

## Food Fact!

Revive Mushy Strawberries With Ice Water - you can soak them in a bowl of ice water for 20 minutes to revive them

Source: [thesoccermomblog.com](http://thesoccermomblog.com)



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



WECAN Food Basket Society of Alberta

# Monthly Recipes!

"Summertime is always the best of what might be." –Charles Bowden

## Best Garlic Butter Beef Steak Bites

Recipe resourced from Jo Cooks

### Ingredients:

- 1 tablespoon olive oil
- 1½ pound sirloin steak (cut into bite size pieces, or strip loin, tenderloin, strip steak or rib eye)
- ½ teaspoon salt (or to taste)
- ½ teaspoon pepper (or to taste)
- 2 tablespoons butter (unsalted)
- 4 cloves garlic (minced)
- ¼ teaspoon red pepper flakes
- 1 tablespoon parsley (fresh, chopped)

### Steps:

1. Add the olive oil to a large skillet and heat it over high heat. Make sure the olive oil is hot, then add the steak pieces to it. Season them generously with salt and pepper.
2. Cook for at least 2 minutes before stirring the steak pieces. You want to make sure you get a good sear on them. Continue cooking for another 2 minutes until they're golden brown. If your skillet isn't big enough, you may need to do this batches.
3. Transfer the steak bites to a plate and in the same skillet add the butter. Turn the heat down to a medium and after the butter has melted, add the garlic and red pepper flakes. Cook for about 30 seconds while stirring, just until the garlic becomes aromatic and starts to brown.
4. Pour the garlic butter over the steak bites and toss well. Garnish with parsley and serve.

## Chill-Out Honeydew Cucumber Slushy

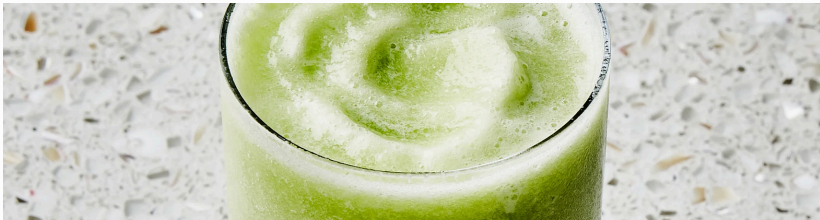
Recipe resourced from Bon Appetit

### Ingredients:

- 4 cups honeydew
- 2½ cups coconut water
- ⅓ cup mint leaves
- 2 tbsp. fresh lime juice
- ½ tsp. kosher salt
- 6oz. cucumber

### Steps:

1. Blend honeydew, coconut water, mint, lime juice, salt, 6 oz. cucumber, and 2 cups ice in a blender until smooth. Divide among glasses, then garnish with cucumber slices.



## Price Comparison

**\*\*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**

Food Item	kg/item	WECAN	No Frills	Superstore	Save-on	Walmart	Sobeys
Beef, Ground Lean	/kg	\$12.10	\$14.09	\$13.87	\$17.00	\$12.00	\$12.31
Beef, Steak Top Sirloin	/kg	\$15.41	\$26.43	\$28.64	\$38.60	\$22.80	\$41.87
Banana	/kg	\$1.70	\$1.74	\$1.74	\$1.71	\$1.70	\$1.80
Apple, Gala	/kg	\$3.77	\$6.59	\$6.59	\$6.60	\$6.60	\$5.96
Orange, Navel	/kg	\$2.55	\$4.00	\$4.00	\$6.60	\$4.30	\$6.60
Cabbage, Green	/kg	\$1.95	\$2.18	\$2.62	\$4.40	\$3.34	\$4.09
Carrot, 2lb Bag	/item	\$2.36	\$3.49	\$3.49	\$2.66	\$3.49	\$3.29
Cucumber, English	/item	\$1.25	\$1.99	\$2.29	\$2.39	\$1.67	\$2.49
Lettuce, Greenleaf	/item	\$2.33	\$2.00	\$2.99	\$2.99	\$2.97	\$2.49
Cost of Meat Order (No Pork)**		\$19.81	\$27.31	\$28.19	\$36.30	\$23.40	\$33.25
Cost of Produce Order		\$15.05	\$21.48	\$23.21	\$26.22	\$23.57	\$25.80
Cost of Food Order (No Pork)**		\$34.86	\$48.78	\$51.40	\$62.52	\$46.97	\$59.04
Savings of Meat Order (No Pork)**			\$7.50	\$8.39	\$16.50	\$3.60	\$13.44
Savings of Produce Order			\$6.43	\$8.16	\$11.17	\$8.52	\$10.74
Savings of Food Order (No Pork)**			\$13.93	\$16.54	\$27.66	\$12.11	\$24.18