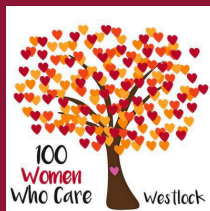




FOOD BASKET BULLETIN

Funders and Donors



**Next Payment Deadline:
July 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!



Board Chair Message

To our WECAN Members,

This month WeCan staff were notified that due to a cyberattack, TGP was unable to supply July's produce order. They are working to correct their computer systems but are unsure how long it will take to resolve. It could be corrected within a couple of weeks, or it may take several months. The meat order from TGP is unaffected by this cyberattack.

The WECAN board is committed to continuing to provide fresh, healthy produce orders each month for our members. The WECAN staff have found another supplier for July's produce order with Wholesale Club and are continuing to build relationships with produce suppliers for upcoming months.

On behalf of the board, I would like to thank the depot volunteers and volunteer drivers for the additional work that this challenge has caused them. WECAN would not be able to function without the dedication of our volunteers. I would also like to thank our staff, who are dedicated to ensuring that our members continue to receive fresh food with good value each month.

Sincerely,
Jennifer Scherer
WECAN Board Chair

Food Fact!

Prevent Browning With Citrus Juice Or Olive Oil -

Squeeze lemon or lime juice over the area to protect it from browning or lightly brush olive oil on the exposed area for the same effect.

Source: fruitsandveggies.org

Monthly Recipes!

"Summer means happy times and good sunshine." - Brian Wilson

GRILLED ROMAINE SALADS

Recipe from How Sweet Eats

Ingredients:

- 4 slices bacon, cooked and crumbled
- ½ cup seasoned breadcrumbs
- 1 tablespoon unsalted butter
- 1 garlic clove, minced
- 4 stalks romaine lettuce, sliced in half
- olive oil, for brushing
- kosher salt and pepper
- 1 cup cherry tomatoes
- ⅓ cup ranch dressing.
- ¼ cup crumbled blue cheese
- 2 tablespoons chopped fresh chives

Steps:

1. Preheat the grill to high heat.
2. To start, I like to cook the bacon so it's ready to go. Fry the bacon and place it on a paper towel lined plate to remove excess grease.
3. I also toast the breadcrumbs! To toast them, melt butter in a nonstick skillet. Add the breadcrumbs and garlic and stir to coat, then cook for 5 to 6 minutes, stirring often, until golden and fragrant. Remove from the heat.
4. Brush the cut sides of the romaine with olive oil. Sprinkle all over generously with salt and pepper. When the grill is hot, reduce the heat to medium. Place the romaine stalks on the grill, cut side down. Grill for 1 to 2 minutes, until the lettuce becomes charred, then flip over and grill for an additional 1 minute. Remove the romaine from the grill.
5. You can serve the romaine family style on a large platte or 1 or 2 stalks on a plate. Drizzle the romaine all over with the ranch dressing - as much as you'd like. Top with the tomatoes, crumbled bacon, blue cheese crumbles and fresh chives. Sprinkle the toasted breadcrumbs all over.

Peanut Butter No Bake Cookies

Recipe from Love and Lemons

Ingredients:

- ⅔ cup unsalted natural creamy peanut butter*
- ½ cup maple syrup
- 2 tablespoons melted coconut oil
- 1 teaspoon vanilla extract
- Heaping ½ teaspoon sea salt*
- 2½ cups whole rolled oats
- ¼ cup mini chocolate chips

Steps:

1. Line a baking sheet with parchment paper and set aside.
2. In a medium bowl, stir together the peanut butter, maple syrup, coconut oil, vanilla, and salt until smooth. Add the oats and chocolate chips and stir until combined. Use a 2-tablespoon cookie scoop to portion the dough. Use your hands to form into balls and place on the baking sheet, then flatten into disks with your fingers (the disks will become more cohesive as they chill). Chill overnight to allow the cookies to firm up.



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

WECAN No Frills Superstore Save-on Walmart Sobeys

Food Item	kg/item	WECAN	No Frills	Superstore	Save-on	Walmart	Sobeys
Beef, Ground	/kg	\$13.21	\$9.10	\$12.76	\$15.40	\$16.62	\$15.40
Turkey, Ground	/kg	\$8.35	\$17.60	\$5.50	\$15.60	\$17.58	\$5.50
Tenderloin	/kg	\$8.80	\$13.20	\$13.20	\$16.50	\$15.40	\$19.82
Beef, Steak	/kg	\$15.41	\$26.43	\$28.64	\$38.60	\$24.20	\$41.87
Banana, Chiq	/kg	\$1.75	\$1.74	\$1.74	\$1.70	\$1.70	\$1.80
Apple, Gala	/kg	\$3.96	\$6.59	\$6.59	\$4.40	\$6.60	\$6.59
Orange, Navel	/kg	\$3.39	\$4.39	\$4.39	\$5.00	\$6.16	\$6.60
Carrot, Jumbo	/kg	\$1.76	\$5.49	\$2.14	\$6.60	\$2.80	\$4.90
Cucumber, Engl	/item	\$1.06	\$1.99	\$1.99	\$2.39	\$1.67	\$2.49
Potato, Russet	/kg	\$1.54	\$4.39	\$5.93	\$5.90	\$4.30	\$3.28

	WECAN	No Frills	Superstore	Save-on	Walmart	Sobeys
Cost of Meat Order (Pork)**	\$19.46	\$26.14	\$22.47	\$31.78	\$32.15	\$30.61
Cost of Meat Order (No Pork)**	\$18.10	\$25.76	\$23.20	\$34.08	\$28.39	\$31.13
Cost of Produce Order	\$14.73	\$29.82	\$29.52	\$34.29	\$27.31	\$29.46
Cost of Food Order (Pork)**	\$34.19	\$55.96	\$51.99	\$66.07	\$59.46	\$60.07
Cost of Food Order (No Pork)**	\$32.83	\$55.58	\$52.71	\$68.38	\$55.70	\$60.59
Savings of Meat Order (Pork)**		\$6.68	\$3.01	\$12.32	\$12.69	\$11.15
Savings of Meat Order (No Pork)**		\$7.65	\$5.10	\$15.98	\$10.29	\$13.03
Savings of Produce Order		\$15.09	\$14.79	\$19.57	\$12.58	\$14.73
Savings of Food Order (Pork)		\$21.77	\$17.80	\$31.88	\$25.27	\$25.88
Savings of Food Order (No Pork)**		\$22.75	\$19.88	\$35.55	\$22.87	\$27.76