

Upcoming Events:

Deadline for your next food order: May 3, 2019

Next depot pick-up days: May 16 / 17, 2019

Memberships:

Your WECAN membership is only \$5 per family annually. It can be purchased from your depot coordinator any time. Our membership year is from April 1st to March 31st.

WECAN Casino

Date: July 26 and 27, 2019

Location: Century Casino (13103 Fort Road, Edmonton)

Annual General Meeting

Date: Saturday, May 25, 2019

Time: 10:00 a.m. – Noon

Place: Edmonton Moravian Church (9540 – 83 Avenue)



WECAN
Food Basket
Society

PO Box 34148
RPO Kingsway Mall
Edmonton AB T5G 3G4
Phone: 780-413-4525
Fax: 780-453-1239

Email: info@wecanfood.com

Website: www.wecanfood.com

Charitable Reg. #891381394RR00001

Thank you to the following businesses and organizations for their help and support:

THE GROCERY PEOPLE
WAREHOUSE MARKET



Your Depot:

Issue: 19-04
April 2019

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN Annual General Meeting

The Annual General Meeting of the WECAN Food Basket Society of Alberta is scheduled for Saturday, May 25, 2019, 10:00 a.m. to Noon 9540. at the Edmonton Moravian Church (9540 83 Avenue, Edmonton). The Annual Report for our society will be presented at this meeting and the board of directors for the coming year will be chosen. WECAN will also be honoring its volunteers by presenting long service awards to those volunteers reaching 5, 10, and 15-year milestones.

All our members are encouraged to attend. Light refreshments will be served.

WECAN Casino

Our next Casino will be held Friday, July 26th and Saturday, July 27th at Century Casino (13103 Fort Road). This date is approaching quickly, and we need volunteer help. Many positions are available from chip-runner to count room staff to cashier, and shifts include both day and evening. If you can help, please call our office at (780) 413-4525.

Healthy Eating on a Budget

Healthy eating on a budget can be made easier with these ideas from Canada's Food Guide:

1. Stick to your list. Buying only what is on your grocery list will help cut down on impulse purchases.
2. Shop for sales. Check out flyers, coupons, mobile apps and websites for deals on foods that are on your list. Look for reduced prices. Products getting close to their best before dates and oddly shaped or slightly bruised produce may be offered at a lower price or discount. These products are just as healthy as "perfect" varieties and buying them also helps reduce food waste.
3. Consider the season. Fresh vegetables and fruit are usually less expensive when they are in season. Frozen and canned vegetables and fruits are also healthy options. They can be less expensive than fresh produce when it is out of season.

Cooking with Your WECAN Food Basket Menu

Lazy Cabbage Roll Casserole

- Reprinted from *Ground Beef Recipes*© Company's Coming Publishing Limited

Bacon slices, diced	4	4
Lean ground beef	1 ½ lbs.	680 g
Chopped onion	1 cup	250 mL
Tomato juice	1 ¼ cups	300 mL
Can of condensed tomato soup	10 oz.	284 mL
Salt	½ tsp.	2 mL
Pepper	¼ tsp.	1 mL
Coarsely shredded cabbage, lightly packed	8 cups	2 L
Long grain white rice	1/3 cup	75 mL

Cook bacon in large frying pan on medium until crisp. Transfer with slotted spoon to paper towels to drain. Set aside.

Heat 2 tsp. (10 mL) drippings in same pan on medium. Add ground beef and onion. Scramble-fry for about 10 minutes until beef is no longer pink. Drain. Add next 4 ingredients. Stir. Remove from heat.

Spread cabbage evenly in ungreased 9 x 13 inch (22 x 33 cm) pan. Press down lightly. Sprinkle rice over cabbage. Scatter bacon over rice. Spread beef mixture on top. Cover with foil. Bake in 350°F (175°C) oven for about 1 ½ hours until rice is tender and liquid is absorbed. Serves 6.

Food Basket Item	Safeway / Sobeys	No Frills	Save On	Real Cdn. SuperStore	Walmart	WECAN
500 g Lean Ground Beef	\$ 4.95	\$ 5.35	\$ 6.83	\$ 8.80	\$ 6.25	\$ 4.75
1.32 kg (2 racks) Pork Ribs	\$ 19.79	\$ 10.73	\$ 30.27	\$ 25.70	\$ 23.68	\$ 9.23
1 kg Bananas	\$ 1.74	\$ 1.70	\$ 1.72	\$ 1.70	\$ 1.82	\$ 1.67
4 Oranges	\$ 4.39	\$ 5.00	\$ 3.73	\$ 5.48	\$ 3.68	\$ 1.79
4 Royal Gala Apples	\$ 3.16	\$ 3.64	\$ 3.64	\$ 4.60	\$ 3.56	\$ 2.12
1 Long English Cucumber	\$ 1.49	\$ 1.77	\$ 1.69	\$ 1.98	\$ 1.27	\$ 1.14
2 lb. Carrots	\$ 2.00	\$ 2.47	\$ 2.40	\$ 2.54	\$ 2.97	\$ 1.49
1 bag Tri-colour Coleslaw	\$ 2.18	\$ 2.47	\$ 4.93	\$ 0.98	\$ 1.97	\$ 2.03
TOTAL	\$ 39.70	\$ 33.13	\$ 55.21	\$ 51.78	\$ 45.20	\$ 24.22

Easiest Ribs

- Reprinted from *The Pork Book*© Company's Coming Publishing Limited

Fancy (mild) molasses	1/3 cup	75 mL
Low-sodium soy sauce	1/3 cup	75 mL
Garlic cloves, minced (or ¾ tsp., 4 mL, garlic powder)	3	3
Dried crushed chilies	¼ tsp.	1 mL
Pork ribs, trimmed of fat and cut into 1-bone portions	3 ½ - 4 lbs.	1.6 – 1.8 kg

Combine first 4 ingredients in 3 ½ quart (3.5 L) slow cooker.

Add ribs. Stir until coated. Cook on Low for 7 to 8 hours or on High for 3 ½ to 4 hours, stirring once or twice, until very tender. Serves 6

Two Terrific Coleslaw Dressings

Thank you to **Irene Meglis** (Terwillegar Coordinator) for sharing these recipes with us.

Tangy (from Good Friends Sweet & Nutty Broccoli Salad)

1½ cups mayonnaise
 2 tablespoons Dijon or other spicy mustard
 1 teaspoon lemon juice
 3 tablespoons red wine vinegar
 1 tablespoon balsamic vinegar (if available, or use red wine or apple cider vinegar)
 3 tablespoons honey
 Mix dressing ingredients. Can do this ahead. ½ hour before serving, add to the dressing:
 ½ cup raisins
 ½ red onion, chopped very fine
 Let dressing sit for 15-20 minutes to allow raisins to plump. Mix with coleslaw or broccoli florets or kale salad or pour over iceberg lettuce wedges, to taste. Store unused dressing in the fridge.

Sweet & Simple (adapted from Nigella Lawson's New Orleans coleslaw)

1 cup mayonnaise
 4 tablespoons (=¼ cup) buttermilk or plain yogurt
 2 tablespoons maple syrup (or honey)
 1 tablespoon apple cider vinegar
 Salt and freshly ground black pepper
 Mix dressing ingredients. Store in the fridge. Mix with coleslaw to taste. Add sliced green onions and chopped pecans, if desired.