

Upcoming Events:

Deadline for your next food order: January 10, 2020
Next depot pick-up days: January 23 and 24, 2020

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.

Reminder:

Every member is responsible for picking up their food order on depot pick-up day. If this is not possible, it is the member's responsibility to make all necessary arrangements. Any food not picked up will be sold to other members or donated to a community group for distribution.

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



WECAN
Food Basket
Society

12122-68 St. N.W.
Edmonton AB T5B 1R1

Phone: 780-413-4525

Email: info@wecanfood.com

Website:

www.wecanfood.com

*May you have the spirit of Christmas
which is Peace, the gladness of Christmas
which is Hope, and the heart of
Christmas which is Love.*

Your Depot:

Charitable Reg. #891381394RR00001

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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Volunteer Appreciation

On behalf of the organizers and the WECAN Board of Directors, I would like to express my sincere thank you to everyone who stepped up and volunteered their time and efforts to make our recent Volunteer Appreciation Event such a huge success. Thank you to those who came early to help set up, and to those who stayed late to clean up. Thank you to those who helped in the kitchen with everything from peeling potatoes to carving the turkeys, to serving the meal. Thank you, as well, to the ladies who cooked the turkeys at home, made the lasagna, and prepared the salads. Thank you to those who took care of the craft tables.

We thank the pastor and congregation of the Edmonton Moravian Church for graciously allowing us to use their facilities once again. And, thank you to Maxine Charlton, Strathcona Depot Coordinator, for making the arrangements with the Moravian Church.

And last, but certainly not least, we thank our sponsors for their generous donations of food and funds – The Grocery People Warehouse and Union 52. Without their support we would not be able to enjoy such a joyous gathering of friends and volunteers.

To all our volunteers, those present for the celebration and those who could not join us, thank you for all your support and willing donation of your time and talents throughout the year. We could not do what we do without you. *...Dawn Arnold*



Herb of the Month - *Thyme*

- Thyme is thought to have antibacterial, insecticidal, and possibly antifungal properties.
- Forms of thyme include fresh and dried herbs and essential oil.



Cooking with Your WECAN Food Basket

Chicken Pot Pie

- Reprinted from *The Rookie Cook*© Company's Coming Publishing Limited

Coarsely chopped leftover roast chicken	3 cups	750 mL
Coarsely chopped cooked potato	2 cups	500 mL
Frozen peas and carrots, thawed	1 ½ cups	375 mL
Can of condensed cream of chicken soup	10 oz.	284 mL
Leftover chicken gravy (or packaged)	1/2 cup	125 mL
Water	1/4 cup	60 mL
Dried thyme (or ¼ tsp., 1 mL, poultry seasoning)	1/8 tsp.	0.5 mL
Dried sage	1/8 tsp.	0.5 mL
Salt	1/4 tsp.	1 mL

TOPPING:

Biscuit mix	1 cup	250 mL
Milk	1/2 cup	125 mL
Large Egg, fork-beaten	1	1

Toss first 3 ingredients together in ungreased 3 qt. (3 L) casserole.

Mix next 7 ingredients in small bowl. Pour over chicken mixture. Stir Well.

Topping: Measure biscuit mix into same small bowl. Stir in milk and egg until smooth. Carefully pour over chicken mixture. Bake, uncovered, in 400°F (205°C) oven for about 45 minutes until topping is golden and mixture is hot and bubbly. Serves 6.

Taco Beef Snacks

- Reprinted from *4 Ingredient Recipes*© Company's Coming Publishing Limited

*Everyone will love these hand-held pastry pockets filled with Tex-Mex flavours.
Pack any leftovers in the kids' lunch bags the next day!*

Lean ground beef	3 tbsp.	50 mL
Grated medium cheddar cheese	2 tbsp.	30 mL
Envelope of reduced sodium taco seasoning mix	10 oz.	284 mL
Tubes of refrigerator country-style biscuits (10/tube)	3 x 12 oz.	3 x 340 g

Scramble-fry ground beef in large greased frying pan on medium for about 10 minutes until no longer pink. Drain.

Add cheese and taco seasoning. Stir well. Set aside.

Separate biscuits. Pat into 4 in. (10 cm) circles. Spoon beef mixture onto centre of circles. Fold circles in half over filling. Pinch edges to seal. Arrange on 2 greased baking sheets. Bake on separate racks in 350°F (175°C) oven for 15 to 20 minutes, switching position of backing sheets at halftime, until golden. Makes 30 taco snacks.

Potato and Broccoli Soup

- Reprinted from *Garden Greens*© Company's Coming Publishing Limited

Broccoli florets	4 cups	1 L
Water		
Hard margarine (or butter)	2 tbsp.	30 mL
Finely chopped leek (white and tender parts only)	1 ½ cups	375 mL
All-purpose flour	2 tbsp.	30 mL
Prepared chicken broth	3 cups	750 mL
Milk	3 cups	750 mL
Dijon mustard	1 tbsp.	15 mL
Chopped potato	2 cups	500 mL
Grated medium Cheddar cheese	¾ cup	175 mL
Pepper	¼ tsp.	1 mL

Cook broccoli in water in large saucepan for about 5 minutes until tender. Drain. Set aside.

Melt margarine in large pot or Dutch oven on medium-low. Add leek. Cook for about 10 minutes, stirring occasionally, until tender.

Add flour. Heat and stir for about 1 minute until smooth.

Add broth, milk, and mustard. Heat and stir on medium-high for 5 to 10 minutes until boiling and thickened.

Add potato. Stir. Cook, uncovered, on medium for about 15 minutes until potato is tender. Cool slightly. Process potato mixture and ½ of broccoli in blender until smooth. Return to pot. Chop remaining broccoli. Add to potato mixture.

Add cheese and pepper. Heat and stir on medium for about 15 minutes until cheese is melted and mixture is hot. Makes about 7 cups (1.75 L)

Food Basket Item	Safeway / Sobeyes	No Frills	Save On	Super Store	Walmart	WECAN
Lean Ground Beef (550 g)	\$ 7.87	\$ 7.70	\$ 7.70	\$ 7.70	\$ 6.05	\$ 5.22
Whole Chicken (1.65 kg)	\$ 7.24	\$ 6.35	\$ 14.52	\$ 10.01	\$ 9.85	\$ 10.00
Bananas (1 kg)	\$ 1.75	\$ 1.41	\$ 1.70	\$ 1.45	\$ 1.70	\$ 1.67
Gala Apples (3)	\$ 2.63	\$ 1.23	\$ 2.64	\$ 3.45	\$ 2.37	\$ 1.14
Oranges, Medium (2)	\$ 1.99	\$ 2.96	\$ 2.98	\$ 2.98	\$ 1.87	\$ 1.22
Lettuce, Green Leaf (1 pkg)	\$ 3.99	\$ 2.97	\$ 3.49	\$ 2.98	\$ 2.97	\$ 1.73
Russet Potatoes (5 lb)	\$ 5.99	\$ 1.99	\$ 5.49	\$ 4.98	\$ 2.97	\$ 2.73
Broccoli (1 bunch)	\$ 2.99	\$ 3.97	\$ 3.95	\$ 2.98	\$ 2.97	\$ 1.91
TOTAL	\$ 34.45	\$ 28.58	\$ 42.47	\$ 36.53	\$ 30.75	\$ 25.62