

Upcoming Events:

Deadline for your next food order: March 6, 2020
Next depot pick-up days: March 19 and 20, 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

WECAN accepts money donations from members, past members, friends and family of members, as well as businesses. A taxable charitable donation receipt will be issued. Please consider donating to your organization.

Your Depot:

Charitable Reg. #891381394RR00001

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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN News

Our office days have changed from Tues-Thurs to Wed – Fri, timings are the same 9:00 am – 2:00 pm.

Healthy Eating 101 by Primary Care Network Edmonton Oliver Are you interested in incorporating healthy eating into your life, but don't know where to start?

In this class, you'll learn about effective healthy eating strategies for general health and for a variety of health conditions – from diabetes to weight management to high cholesterol. You will finish the class by setting a lifestyle goal that is relevant to you.

Get the full picture from a registered dietitian who'll cover the following topics in this engaging introductory class:

- Balanced meals and appropriate portion sizes
- Meal and snack patterning
- Fibre
- Sugar and sodium
- Hunger and fullness signals
- Planning, purchasing, preparing and packing healthy meals
- SMART Goal Setting

Join us and take charge of your health. We'd love to see you.

Prerequisite: None

Length: 2 Hours

Registration Details: There is no cost to attend

You can check out the Primary Care network Oliver website or register by phone: 780-453-3757, Ext. 142

Vegetable of the Month - Potato

Potatoes are the "in-season" produce in western provinces of Canada. It's a great idea to add seasonal produce to your diet, and potatoes shine in soups and stews in the winter months. Potatoes skin-on are rich in vitamin-C which aids in collagen production and iron absorption. They are also rich in Potassium which is an electrolyte and essential for muscle functioning. Research suggests that a diet high in potassium and low in sodium reduce the risk of hypertension and stroke. So go ahead and enjoy them in stews, baked with skin on or as spicy wedges.



Cooking with Your WECAN Food Basket

Banana Oat Energy Bars

- Reprinted from © 2020 Allrecipes.com

"Really great and healthy, perfect pre-run breakfast or for a quick snack."

Ingredients

- 2 cups rolled oats
- 2 bananas, mashed
- 2 carrots, grated
- 1 apple, grated
- 1 cup unsweetened applesauce
- 1/2 cup chopped peanuts

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
2. Mix oats, bananas, carrots, apple, applesauce, and peanuts together in a bowl; spread into the prepared baking dish. Bake in the preheated oven until golden brown, about 20 minutes.

Pizza Soup

- Reprinted with permission from *Hall of Flame* by the ATCO Blue Flame Kitchen

Ingredients

- 2 tbsp extra-virgin olive oil
- 1 cup chopped onion
- 1 cup sliced mushrooms
- 4 cups beef broth
- 1 can (28 oz/796 mL) diced tomatoes
- 2 1/2 cups thawed Freezer Ground Beef Base or 1 lb (0.5 kg) lean ground beef, cooked and drained
- 1 1/2 cups cubed pepperoni (1/2 inch)
- 1 1/2 cups chopped green bell peppers
- 2 tbsp chopped fresh parsley
- 2 tsp Italian seasoning
- Croutons*
- Freshly grated Parmesan cheese*

Directions

1. Heat oil in a Dutch oven over medium heat. Add onion and mushrooms; sauté until vegetables are softened, about 5 minutes. Add broth, tomatoes, Freezer Ground Beef Base, pepperoni, green peppers, parsley and Italian seasoning; stir to combine. Bring to a boil.
2. Reduce heat and simmer, uncovered, stirring occasionally, until green peppers are tender and soup is heated through, about 10 minutes. Serve topped with croutons and Parmesan cheese.

Health Benefits of Citrus Fruits

- Reprinted from Dairy Council of California @HealthyEating.org

Citrus fruits include oranges, lemons, limes and grapefruits, in addition to tangerines and pomelos. Not only are the citrus fruits in this diverse group delicious and refreshing, they earn their definition of an all-star food because they contain compounds called flavonoids, which may have anticancer properties¹.

Citrus flavonoids are also antioxidants that can neutralize free radicals and may protect against heart disease¹. Studies show that citrus flavonoids may improve blood flow through coronary arteries, reduce the ability of arteries to form blood clots and prevent the oxidation of LDL ("bad") cholesterol, which is an initial step in the formation of artery plaques¹.

Citrus fruits are also high in vitamin C, and are good sources of folate and thiamin. Vitamin C is a powerful antioxidant and protects the body from damaging free radicals². It is also required for the synthesis of collagen, which helps wounds heal and helps hold blood vessels, tendons, ligaments and bone together. Folate is necessary for cell division and DNA synthesis. Thiamin is a B vitamin important in metabolism.

Useful Tips

Store citrus fruit at room temperature if you'll eat it in a week or so; otherwise, it will keep in the crisper for six to eight weeks.

Squirt some lemon juice on fresh cut fruits or fresh guacamole to prevent them from browning quickly.

Food Basket Item	Safeway / Sobeys	No Frills	Save On	Real Cdn. Super Store	Walmart	WECAN
Lean Ground Beef (ave. 500 g)	\$ 7.74	\$ 7.00	\$ 7.00	\$ 7.00	\$ 6.25	\$ 4.75
Chicken thighs (1 kg)	\$ 11.00	\$ 7.65	\$ 9.23	\$ 7.67	\$ 7.77	\$ 6.99
Turkey Sausage (avg. 325 g)	\$ 4.76	\$ 2.60	\$ 4.33	\$ 3.90	\$ 3.25	\$ 3.99
Bananas (1 bunch)	\$ 1.74	\$ 1.41	\$ 1.70	\$ 1.45	\$ 1.93	\$ 1.67
Medium Oranges (3)	\$ 2.24	\$ 2.25	\$ 4.47	\$ 4.59	\$ 3.69	\$ 1.68
Apples (3)	\$ 2.64	\$ 1.44	\$ 2.64	\$ 2.76	\$ 2.70	\$ 1.30
Leaf Lettuce (1 pkg)	\$ 2.99	\$ 2.47	\$ 3.49	\$ 2.48	\$ 2.47	\$ 1.78
Potatoes (5 lb)	\$ 5.99	\$ 2.98	\$ 4.99	\$ 2.99	\$ 5.47	\$ 2.82
Celery Stalk (1 bunch)	\$ 2.99	\$ 2.97	\$ 2.52	\$ 2.98	\$ 2.47	\$ 1.57
TOTAL	\$ 42.09	\$30.77	\$ 40.37	\$ 35.82	\$ 36.00	\$26.55