

Upcoming Events:

Deadline for your next food order: February 8, 2019

Next depot pick-up days: February 21 / 22, 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, so it will soon be time to renew your membership.

WECAN Cookbooks are available from your Depot Coordinator – Buy your copy now for only \$10.

Annual General Meeting

The next Annual General Meeting of the WECAN Food Basket Society is scheduled for Saturday, May 25, 2019. Mark your calendars and plan to attend.



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Your Depot:

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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN News

Our Program Manager for the last three years, Suzanne Rigsby, has made the decision to retire from her position. Suzanne first became involved with WECAN as a member at the Millbourne depot. Seeing the need to become more involved, Suzanne served as the Millbourne Depot Coordinator, then on our Board of Directors and finally as our Program Manager. We will miss Suzanne and wish her well in the future.

Tips to Help Save Money on Food – The Well-Stocked Pantry

A well-stocked pantry can help reduce food costs, especially if combined with bulk purchases of frequently used items such as rice, flour, sugar, rolled oats, and pasta.

- Soups: Buy versatile soups such as cream of chicken, cream of mushroom, and tomato when your supermarket is having a case-lot sale.
- Dried Foods: Beans of all sorts, split peas, and lentils all keep well in a pantry cupboard. Buy only the varieties you use on a regular basis.
- Canned goods: Canned fish, such as tuna or salmon, are excellent sources of protein and may be used in a variety of ways including casseroles, salads and sandwiches. Canned beans (kidney beans, baked beans, lima beans, etc.) are excellent choices for your pantry. If your freezer has limited space, keep canned vegetables such as corn and peas on hand.
- Canned fruit: When fresh fruit gets expensive, keep canned fruit in the pantry. Peaches and pears are good examples.
- Prepared food and ingredients: A selection of tomato sauces, diced tomatoes, condiments such as barbecue sauce, ketchup, and mustard, as well as dill pickles, pasta sauce and peanut butter.

Cooking with Your WECAN Food Basket Menu

Honey Mustard Sauce

- Paige Nelson

Honey	1/3 cup	80 mL
Butter, melted	1/3 cup	80 mL
Prepared mustard	2 tbsp.	30 mL
Curry powder	¼ tsp.	1 mL
Salt	½ tsp.	2 mL

Mix all ingredients together in a small bowl or measuring cup.

This sauce is equally good over chicken pieces (drumsticks, wings) or beef sausages.

Beef Sausages

- Paige Nelson

Preheat oven to 350°F. Place sausages in lightly greased casserole or oven-safe pan. Spread sausages with Honey Mustard Sauce or Barbecue Sauce.

Cook sausages in oven, uncovered, for 45 minutes, basting with sauce every 15 minutes.

Swedish Meatballs

- First Unionville Scouts

- 1 lb. ground beef
- 1 chopped onion
- 1 slightly beaten egg
- Salt and pepper
- ¼ cup dry bread crumbs

Mix everything together, shape into balls, brown in fry pan then pour off fat.
 Mix 1 can cream of mushroom soup and ½ cup water, pour over meatballs.
 Cover and simmer 20 minutes.

Food Basket Item	Safeway / Sobeyes	No Frills	Save On	Real Cdn. SuperStore	Walmart	WECAN
500 g Lean Ground Beef	\$ 7.15	\$ 5.07	\$ 7.00	\$ 5.07	\$ 4.50	\$ 4.50
1 kg Chicken drumsticks	\$ 8.80	\$ 7.99	\$ 8.82	\$ 9.28	\$ 6.97	\$ 5.79
1 pkg. Beef sausage	\$ 5.49	\$ 6.97		\$ 4.98		\$ 4.40
1 kg Bananas	\$ 1.74	\$ 1.70	\$ 1.70	\$ 1.70	\$ 1.70	\$ 1.67
5 Royal Gala Apples	\$ 4.39	\$ 3.30	\$ 4.40	\$ 2.10	\$ 4.34	\$ 1.82
2 Kiwi Fruit	\$ 1.58	\$ 1.34	\$ 1.58	\$ 1.54	\$ 1.34	\$ 1.14
5 lb. Potatoes	\$ 4.99	\$ 2.50	\$ 4.99	\$ 2.50	\$ 2.97	\$ 2.19
3 lb. Onions	\$ 2.99	\$ 1.97	\$ 2.99	\$ 2.98	\$ 2.97	\$ 1.35
1 bunch Celery	\$ 1.99	\$ 1.97	\$ 2.52	\$ 2.98	\$ 2.47	\$ 1.69
TOTAL	\$ 39.12	\$ 32.81	\$ 34.00	\$ 33.13	\$ 27.26	\$ 24.55

Drum Beat

- Reprinted from *Chicken, Etc.* © Company's Coming Publishing Limited

All-purpose flour	¼ cup	60 mL
Chicken bouillon powder	1 tsp.	5 mL
Cooking oil	2 tbsp.	30 mL
Chicken drumsticks	8	8
Chopped onion	2 cups	500 mL
Reserved flour mixture		
Garlic powder	½ tsp.	2 mL
Canned tomatoes, broken up	14 oz.	398 mL
Water	1 cup	250 mL
White vinegar	1/3 cup	75 mL
Brown sugar, packed	1/3 cup	75 mL
Ketchup	1 tbsp.	15 mL
Coarsely chopped raisins	¼ cup	60 mL
Salt	½ tsp.	2 mL
Pepper	¼ tsp.	1 mL
Ground cinnamon	¼ tsp.	1 mL
Ground ginger	1/8 tsp.	0.5 mL
Frozen peas	2 cups	500 mL
Canned kernel corn, drained	12 oz.	341 mL

Stir flour and bouillon powder together in small bowl.

Heat cooking oil in frying pan. Coat drumsticks with flour mixture, reserving unused mixture. Brown both sides of drumsticks. Remove to plate.

Add onion to frying pan. Sauté until soft, adding more cooking oil if needed.

Mix in reserved flour mixture. Stir in garlic powder, tomatoes and water until it boils and thickens.

Add next 8 ingredients. Stir. Add drumsticks. Cover. Simmer for about 45 minutes until chicken is tender.

Add peas and corn. Stir. Cover. Simmer for 3 to 4 minutes until peas are cooked. Serves 4.

Please note: In the price comparison, 2 stores did not have any beef sausages.

Happy New Year!