

Upcoming Events:

Deadline for your next food order: February 7, 2020
Next depot pick-up days: February 20 and 21, 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 CIP grant request was approved in November and we were able to hire a part-time Administrative Assistant for the WECAN office. This will help to free-up Josh, so he doesn't have to split his time between Program Manager duties and admin.

The voice you will hear on the phone, when you call our office, will be that of **Hira Asad**, who will be Josh's right-hand person. Please welcome her to our WECAN family.

Edmonton's Food Bank - Beyond Food

Just a reminder of an opportunity that is open to everyone. The Beyond Food program is a **FREE** service to help you succeed beyond the traditional food support.

LITERACY & EDUCATION

Reading | Writing | Math | English Language Academic Upgrading | Digital Literacy

EMPLOYMENT PREPARATION

Safety Tickets | First Aid | Job Interview Practice | Resumes | Cover Letters | Job Fairs Employer Connector | Job Fairs Transitional and Industry-Specific Career Training | Work Experience

FINANCIAL & TAX SERVICES

Free Tax Clinics | Money Coaching | Budget Review Debt & Credit Questions | Ask-A-Banker | Help to Fill Out Forms and Applications

PRACTICAL RESOURCES & PERSONAL SUPPORTS

Support | Resources | Referral Information | System Navigation & Advocacy | Newcomer & Settlement Services | Family and Disability Supports

WHEN: Monday to Friday from 9:00 a.m. to 4:00 p.m.

WHERE: Edmonton Food Bank ANNEX located at 11434-120 Street, Edmonton, AB. The facility is two doors down from the main Food Bank.

Herb of the Month - Garlic

Garlic contains allicin, an organic sulfur compound, which strengthens immunity, improves heart health, lessens inflammation, and even acts as an antibacterial agent to banish bacterial illness and food poisoning.

Remember, eating garlic in the raw will warrant the highest benefits. So, plug that nose and applaud garlic.



Cooking with Your WECAN Food Basket

Turkey Sausage Breakfast

- Reprinted from © 2020 Allrecipes.com

Turkey sausage	1 lb.	480 g
Eggs lightly beaten	4	4
Green Onions, finely chopped (or use chives)	4	4
Frozen Hash brown potatoes	16 oz.	500 g
Milk	1/2 cup	125 L
Cheddar cheese (or mozzarella)	1 ½ cups	125 mL

1. Place turkey sausage in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside.
2. Preheat oven to 350 degrees F (175 degrees C).
3. In a large bowl, stir together eggs, green onions, hash browns, milk, cheese, and cooked sausage. Pour mixture into a 9X13 inch baking pan.
4. Bake in preheated oven for 60 minutes.

Broc & Burger Casserole

- Reprinted with permission from Marion Zeniuk

Broccoli, fresh – cut into bit-sized pieces	1 bunch	1 bunch
or frozen broccoli	32 oz.	1 kg
Ground Beef	2 lbs.	960 g
Mushrooms, canned, drained	8 oz.	250 mL
Onion, large (chopped)	1	1
Salt	¼ tsp.	1 mL
Ground black pepper	¼ tsp.	1 mL
Cream of celery or mushroom soup, condensed	2 cans	2 cans
Sour Cream (or unsweetened yogurt)	16 oz.	500 g
Shredded cheese (cheddar, mozzarella, Monterey Jack)	16 oz.	500 g

1. Preheat oven to 350 degrees F (175 degrees C).
2. Steam fresh broccoli in microwave until bright green and still firm. Or, if using frozen broccoli, prepare according to package directions.
3. In a skillet over medium heat, mix the ground beef, mushrooms, and onion. |Cook until beef is evenly brown: drain grease.
4. Season with salt and pepper, and mix in soup and sour cream (or yogurt). Continue cooking until heated through.
5. Transfer to a medium baking dish, and evenly layer with broccoli. Top with cheese.
6. Bake 1 hour in the preheated oven, until bubbly and light brown.

NOTE: Cooked macaroni can be added as a layer.

Health Benefits of Broccoli

- Reprinted from Dairy Council of California @HealthyEating.org

When it comes to Great-tasting nutrition, broccoli is an all-star food with many health benefits. While low in calories, broccoli is rich in essential vitamins and minerals, in addition to fiber.

As if that's not enough, a cup of cooked broccoli offers as much vitamin C as an orange, and is a good source of beta-carotene. Broccoli contains vitamins B1, B2, B3, B6, iron, magnesium, potassium, and zinc too. It also provides fiber and is low in calories

Cooking with Broccoli

Cooking methods can impact the nutrient content and health benefits of broccoli. Boiling can leach up to 90% of the valuable nutrients from broccoli, while steaming, roasting, stir-frying, and microwaving tends to preserve the nutrients.

Try this!

Looking for a new way to enjoy broccoli? Try roasting it! Place fresh broccoli on a metal sheet lined with aluminum foil and sprayed with cooking spray. Sprinkle in a pinch of salt and some Parmesan cheese. Roast the broccoli at 450 degrees F (233 degrees C) for 15 minutes. The broccoli will have a deliciously nutty taste that will have you craving more!

History of Broccoli

Broccoli was developed from wild cabbage during Roman times, and was enjoyed immensely by the Romans. Broccoli was introduced to North America during colonial times, but did not gain popularity until the 1920's.

Food Basket Item	Safeway / Sobeys \$	No Frills \$	Save On \$	Super Store \$	Walmart \$	WECAN \$
Lean Ground Beef (ave. 550 g)	8.48	7.70	7.70	7.70	6.06	5.22
Turkey Sausage (ave. 325 g)	7.22	4.33	4.33	4.86	3.59	3.99
Pork Tenderloin (ave. 980 g)	8.38	12.90	17.25	15.08	10.78	6.00
Bananas (1 bunch)	1.74	1.41	1.70	1.96	1.93	1.67
Kiwis (3)	2.37	2.61	2.37	2.61	2.31	1.44
Medium Oranges (3)	2.24	4.44	3.30	2.16	3.69	1.64
Leaf Lettuce (1 pkg)	3.49	2.97	2.99	2.47	2.97	1.81
Yellow Onions (3 lb)	2.99	1.97	2.49	1.50	3.97	1.84
Broccoli (1 bunch)	2.49	2.97	3.95	1.98	2.97	1.91
TOTAL	39.40	41.30	46.08	40.32	38.27	25.52
Pork Alt.: Chicken thighs (Aver. 1 kg)	11.00	13.16	17.60	7.37	7.77	5.79