

## Upcoming Events:

**Deadline for your next food order: July 5, 2019**

**Next depot pick-up days: July 18 / 19, 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 1<sup>st</sup> to March 31<sup>st</sup>.

### WECAN Casino

**Date:** July 26 and 27, 2019

**Location:** Century Casino (13103 Fort Road, Edmonton)

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

**THE GROCERY PEOPLE  
WAREHOUSE MARKET**



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Charitable Reg. #891381394RR00001

**Your Depot:**

Issue: 19-06  
June 2019

# FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

## Notes from the Annual General Meeting

The Annual General Meeting of the WECAN Food Basket Society of Alberta was held on May 25, 2019. In addition to recognizing the long service of many of our volunteers, WECAN presented **Pam Kawulich**, our Depot Coordinator for Westlock Depot, with the Lynn Mulvaney Coordinator of the Year Award for the excellent work she has done this past year. Congratulations Pam.

A major item on the agenda was the election of a new Board of Directors. Continuing to sit on the board are Sacha Deelstra (Chair), Dawn Arnold (Secretary), Samantha Frampton (Treasurer), David Berger (Director), Keith Kasha (Director), and Christine McVea (Director). Joining them on the Board are new members Dan Van Keeken (Vice-Chair), Paige Blaney (Director), Bernadiene Hsie (Director) and Sandra McFadyen (Director). Congratulations to everyone elected.

## Unions Contribute to Our Success

A big thank you to the Edmonton Civic Employees Charitable Assistance Fund (ECECAF) who approved our grant application in May for \$5,000.

It will be used to help us support WECAN members. At a time of great need in our community, we are very grateful to the members and trustees of ECECAF.

ECECAF was founded in 1941 and consists of over 11,000 participating members from 9 unions and associations. Union/association members contribute one quarter of one percent of their salary to the fund. The money is divided into charitable donations and membership services.

## WECAN Casino

Our next Casino will be held Friday, July 26<sup>th</sup> and Saturday, July 27<sup>th</sup> at Century Casino. 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.

## Cooking with Your WECAN Food Basket Menu

### Easy Slow BBQ Ribs

- Reprinted from *The Family Slow Cooker from The Best of Bridge*

3 lbs.	Pork Side or back ribs	1.5 kg
¼ cup	Packed brown sugar	60 mL
½ cup	Ketchup	125 mL
2 tbsp.	Grainy mustard	30 mL
2 tbsp.	Apple cider vinegar	30 mL
2 tbsp.	Soy sauce	30 mL

Cut the rack into individual ribs or into 2 to 3-rib portions. Place in the slow cooker. Cover and cook on high for 1 to 2 hours, or until the fat starts to render from the ribs. Pour off any excess fat that has accumulated in the bottom of the slow cooker. Combine brown sugar, ketchup, mustard, vinegar and soy sauce in a small bowl. Pour over the ribs and toss to coat. Cover and cook on low for 3 to 4 hours or until meat is tender but still clings to the bone. Use a spoon to remove as much fat as you can from the surface, then redistribute the sauce, coating the ribs. (If you like, cool and refrigerate, then lift the solidified fat off the surface before reheating.) Serves 4

### Pears

Pears are refreshingly sweet and loaded with nutrients. A medium pear has fewer than 100 calories, and no fat, cholesterol, or sodium. What pears do have is plenty of fiber, vitamins, minerals, and phytochemicals to help maintain health and fight disease.

Enjoy pears any time of day, from a French toast breakfast to an afternoon snack or evening cheese course. Underripe pears can be substituted for apples in recipes for pies, muffins, or other treats. Overripe pears can be puréed for smoothies, sauces and soups.

Food Basket Item	Safeway / Sobeyes	No Frills	Save On	Real Cdn. SuperStore	Walmart	WECAN
400 g Lean Ground Beef	\$ 5.73	\$ 4.28	\$ 5.60	\$ 4.27	\$ 5.00	\$ <b>3.80</b>
Pork Back Ribs 2 racks (avg 1.4 kg)	\$ 17.60	\$ 27.62	\$ 27.75	\$ 19.09	\$ 14.26	\$ <b>11.19</b>
1 kg Bananas	\$ 1.74	\$ 1.70	\$ 1.91	\$ 1.70	\$ 1.93	\$ <b>1.66</b>
Pears Peckham per lb	\$ 2.49	\$ 2.27	\$ 2.29	\$ 2.48	\$ 2.48	\$ <b>1.70</b>
3 Royal Gala Apples	\$ 1.25	\$ 1.57	\$ 2.50	\$ 1.24	\$ 1.19	\$ <b>1.95</b>
Broccoli Bunch per lb	\$ 3.30	\$ 3.28	\$ 3.65	\$ 3.83	\$ 3.28	\$ <b>2.04</b>
Celery Stalk per lb	\$ 3.00	\$ 2.48	\$ 6.13	\$ 2.99	\$ 2.48	\$ <b>1.98</b>
Green Onion per bunch	\$ 1.49	\$ 1.27	\$ 1.49	\$ 1.49	\$ 1.27	\$ <b>0.51</b>
<b>TOTAL</b>	<b>\$ 36.60</b>	<b>\$ 44.47</b>	<b>\$ 51.32</b>	<b>\$ 37.09</b>	<b>\$ 31.89</b>	<b>\$ 24.83</b>

### Minted Pea Salad

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

Fresh (or frozen peas)	2 cups	500 mL
Water		
Broccoli florets	2 cups	500 mL
Water		
Ice Water		
Celery ribs, slices	2	2
Jar of sliced pimiento, drained	2 oz.	57 mL
Medium onion, halved lengthwise and sliced	1	1
Small green pepper, slivered	1	1
<u>Mint Dressing</u>		
Cooking oil	¼ cup	60 mL
Lemon juice	2 tbsp.	30 mL
Coarsely chopped fresh mint leaves (or 1 ½ tsp., 7 mL, dried)	2 tbsp.	30 mL
Granulated sugar	2 tsp.	10 mL
Salt	¼ tsp.	1 mL
Pepper, sprinkle		

Cook peas in water in medium saucepan for about 2 minutes until barely tender. Do not overcook. Drain. Rinse under cold water. Drain. Put into large bowl.

Blanch broccoli in boiling water in same saucepan for 3 to 5 minutes until bright green. Drain.

Plunge into ice water in large bowl. Let stand for 10 minutes until cold. Drain. Add to peas.

Add next 4 ingredients. Toss.

Mint Dressing: Combine all 6 ingredients in a small bowl. Makes about 1/3 cup (75 mL) dressing. Drizzle over broccoli mixture. Toss. Makes 6 cups (1.5 L).

### Celery

Green celery is the most common celery, although there is also a gold variety. Celery is a low-calorie source of fiber and vitamin C. It brings a lively crunch to salads and an assertive, herbaceous flavour to soups, casseroles, and vegetable dishes. Choose firm, tight bunches with crisp leaves, which can be chopped and used like an herb. Refrigerate in a plastic bag for up to two weeks. Try stuffing celery with reduced fat cheese or peanut butter for a snack, or braise and serve with roasted meats or poultry.