

Upcoming Events:

Deadline for your next food order: April 12, 2019

Next depot pick-up days: April 25 / 26, 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 Casino

Date: July 26 and 27, 2019

Location: Century Casino (13103 Fort Road, Edmonton)

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

Introducing Our New Program Manager

WECAN Food Basket Society is pleased to introduce our new Program Manager: **Joshua Topliffe**. You may have met Josh--lifting produce boxes and reviewing orders at TGP, helping at Glengarry depot, or at other WECAN events. If not, we hope you get to meet him soon. Please join us in welcoming Josh as he takes on a new role.

Adjustment to the April Deadline Dates

Please note that the deadline for placing your April food order has been moved to April 12th, making the April depot days April 25 or 26 depending on your depot. This has been done to avoid any possible conflict with the Easter long weekend.

Building a Simpler, More Nutritious Diet

What should we eat and what should we not eat to improve our own Health? General guidelines which take into account energy needs, good nutrition, and food costs can be summarized this way:

1. **Eat more:** Whole grains such as rice, wheat, barley, rye, oats, corn and millet; legumes such as dried beans including soybeans, dried peas, lentils, and peanuts; vegetables and fruits including inexpensive in-season locally grown variety, or homegrown and preserved.
2. **Use carefully:** Eggs, mild, cheeses, yogurt, seafoods, poultry, and meats.
3. **Avoid:** Super-processed and convenience foods, super-packaged foods, foods shipped long distances (especially under refrigeration), and foods heavy in refined sugar and saturated fats.

Of course, following these guidelines requires a bit of planning of both your menu and your shopping trips. And it requires that everyone read the labels on the foods we buy. For example, it is much more nutritious, and less expensive, to buy a tub of unsweetened, plain yogurt and add fresh or frozen fruit to each serving than to buy individual, single serve yogurt cups that are presweetened and include fruit.

Cooking with Your WECAN Food Basket Menu

Cooked Salad Dressing

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Granulated sugar	½ cup	125 mL
All-purpose flour	2 tbsp.	30 mL
Dry mustard	1 tbsp.	15 mL
Salt	1 tsp.	5 mL
Eggs	3	3
Milk	1 cup	250 mL
Vinegar	½ cup	125 mL
Water	½ cup	125 mL

In tip of double boiler put sugar, flour, mustard and salt. Stir until flour is thoroughly mixed in. Beat in eggs with a spoon one at a time.

Stir in mild, vinegar and water. Cook over boiling water stirring frequently until thickened. Pour into container. Store covered in refrigerator.

For Lettuce Salads: Thin dressing with a bit of mild or cream. Stir in about ½ tsp. (2 mL) granulated sugar for each four servings. Go by taste.

For Potato Salad: Thin dressing with a bit of mild or cream. No extra mustard or vinegar required.

For Sandwiches: Use from container unless milk is needed to overcome dryness of sandwich filling. Gives new life to the same tired old sandwiches.

Food Basket Item	Safeway / Sobeys	No Frills	Save On	Real Cdn. SuperStore	Walmart	WECAN
500 g Lean Ground Beef		\$ 4.75	\$ 7.00	\$ 5.35	\$ 6.50	\$ 4.75
1.1 kg Chicken Thighs		\$ 10.89	\$ 8.94	\$ 10.65		\$ 7.69
2 Chicken Kiev			\$ 10.99	\$ 3.00	\$ 6.97	\$ 2.00
1 kg Bananas		\$ 1.70	\$ 1.70	\$ 1.70	\$ 1.92	\$ 1.67
3 Oranges		\$ 3.99	\$ 3.30	\$ 3.90	\$ 1.86	\$ 1.60
2 Pears		\$ 1.72	\$ 2.02	\$ 2.12	\$ 1.54	\$ 1.35
5 lb. Potatoes		\$ 2.50	\$ 4.99	\$ 3.48	\$ 4.97	\$ 2.30
1 Field Cucumber		\$ 1.67	\$ 1.49	\$ 1.48	\$ 1.97	\$ 1.05
1 Bunch Leaf Lettuce		\$ 1.97	\$ 2.99	\$ 2.98		\$ 1.63
1 Bunch Green Onion		\$ 0.77	\$ 1.49	\$ 1.47	\$ 1.47	\$ 0.80
TOTAL	\$ -	\$ 29.96	\$ 44.91	\$ 36.13	\$ 27.20	\$ 24.84

Italian Dressing

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Salad oil	1 cup	250 mL
Lemon juice	¼ cup	50 mL
Vinegar	¼ cup	50 mL
Sugar	2 tsp.	10 mL
Salt	1 tsp.	5 mL
Dry mustard	½ tsp.	2 mL
Onion Salt	½ tsp.	2 mL
Paprika	½ tsp.	2 mL
Oregano	½ tsp.	2 mL
Garlic salt (or 1 clove crushed)	½ tsp.	2 mL
Thyme	1/8 tsp.	½ mL

Measure all ingredients into jar. Cover. Shake well. Chill two hours before using.

Baked Lemon Chicken

- Reprinted from *Simple Suppers*© Company's Coming Publishing Limited

Olive (or cooking) oil	1 tbsp.	15 mL
Boneless, skinless chicken thighs (about 3 oz., 85 g each)	12	12
Red baby potatoes, larger ones cut in half	1 ½ lbs	680 g
Small fresh whole white mushrooms	2 cups	500 mL
Small onion, cut into 8 wedges	1	1
Lemon juice	3 tbsp.	50 mL
Olive (or cooking oil)	3 tbsp.	50 mL
Water	3 tbsp.	50 mL
Grated lemon zest	1 tbsp.	15 mL
Dried oregano	2 ½ tsp.	12 mL
Dried rosemary, crushed	1 tsp.	5 mL
Salt	½ tsp.	2 mL
Pepper	¼ tsp.	1 mL
Baby carrots	2 cups	500 mL

Heat first amount of oil in large frying pan on medium-high. Add chicken. Cook for about 3 minutes per side until browned. Transfer to greased 3-quart (1 L) casserole.

Add next 3 ingredients.

Combine next 8 ingredients in small cup. Drizzle over chicken and vegetables. Toss until coated. Bake, uncovered, in 400°F (205°C) oven for 20 minutes.

Add carrots. Bake, covered, for another 25 to 30 minutes until chicken is no longer pink inside and carrots are tender-crisp. Serves 6.