

Upcoming Events:

Deadline for your next food order: April 3, 2020
Next depot pick-up days: April 16 and 17, 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:



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

We at WECAN food basket society are following the AHS health guidelines for the novel COVID-19 virus. One of the first things to do is stay informed of the facts and follow best practices as mentioned on the AHS website. Please find below some excerpts from the AHS website:

About COVID-19

Coronaviruses are a large family of viruses. Some cause respiratory illness in people, ranging from mild common colds to severe illnesses. Others cause illness in animals. Rarely, animal coronaviruses can infect people, and more rarely, these can then spread from person to person through close contact. Novel coronaviruses are new strains of the virus that have not been previously identified in humans.

Prevention

To help protect you and your family against all respiratory illnesses, including flu and COVID-19, you should:

- Wash your hands often and well
- Avoid touching your face, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick
- Clean and disinfect surfaces that are frequently touched
- Stay at home and away from others if you are feeling ill
- Contact your primary health provider or Health Link 811 if you have questions or concerns about your health
- When sick, cover your cough and sneezes and then wash your hands

For complete information please refer to the following websites:

<https://www.albertahealthservices.ca/topics/Page16997.aspx>

https://www.edmonton.ca/programs_services/emergency_preparedness/covid-19.aspx

Herb of the month - Mint

Mint leaves are a tender herb with gentle stems. It is best to add them raw or at the end of the cooking process. This helps them maintain their delicate flavor and texture. When buying mint, look for bright, unblemished leaves. Store them in a reusable plastic bag in the refrigerator for up to 1 week.

Mint is relatively easy to grow, and people can cultivate it at home, making it a sustainable way to add flavor to meals. Incorporating mint into a fresh fruit salsa with chopped apples, pear, lemon or lime juice, jalapeno, and honey. Serve with potato chips or on top of baked chicken.



Cooking with Your WECAN Food Basket

Spicy Chipotle Turkey Burgers

- Reprinted from © 2020 Allrecipes.com

Ingredients

- 1 pound ground turkey
- 1/2 cup finely chopped onion
- 2 tablespoons chopped fresh cilantro
- 1 chipotle chilli in adobo sauce, finely chopped
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon seasoned salt
- 1/4 teaspoon black pepper
- 4 slices mozzarella cheese
- 4 hamburger buns, split and toasted

Directions

1. Preheat an outdoor grill for medium-high heat, and lightly oil grate. Place the ground turkey, onion, cilantro, chipotle chile pepper, garlic powder, onion powder, seasoned salt, and black pepper in a mixing bowl; mix well. Form into 4 patties.
2. Cook the hamburgers on the preheated grill until the turkey is no longer pink in the center, about 4 minutes per side. Place the mozzarella slices on the patties 2 minutes before they are ready. Serve on the toasted buns.

Thai Cucumber Salad

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

Ingredients

- 1/4 cup rice vinegar
- 2 tsp granulated sugar
- 1/2 tsp grated lime peel
- 1/2 tsp grated fresh ginger
- 1/2 tsp salt
- 1/4 tsp red pepper flakes
- 3 cups seeded English cucumber slices, 1/4 inch thick
- 2 tbsp slivered fresh basil

Directions

1. To prepare dressing, whisk together vinegar, sugar, lime peel, ginger, salt and red pepper flakes until combined.
2. Combine cucumber and basil in a bowl. Add dressing and toss to coat. Serve immediately.

Zucchini And Ham Casserole

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

Ingredients

- 4 cups diced zucchini
- 4 tsp canola oil, divided
- 1 small onion, diced
- 1 can sliced mushrooms, drained
- 2 cups diced ham
- 2 tbsp salted butter
- 3 tbsp all-purpose flour
- 1 3/4 cups milk (2%)
- 1 tsp dry mustard
- 1/2 tsp thyme, crumbled
- Freshly ground pepper
- 3/4 cup shredded Swiss cheese, divided
- 1/3 cup fine dry bread crumbs
- 2 tbsp melted salted butter

Directions

1. Preheat oven to 350°F.
2. In a frypan, sauté zucchini in 2 tsp oil until just tender crisp; set aside. Sauté onion in remaining 2 tsp oil until softened. Add mushrooms and sauté 2 minutes; add ham and sauté 1 minute. Remove from heat; set aside. In a saucepan, melt butter; stir in flour and cook 1 minute. Add milk and cook, stirring until thickened and smooth. Add mustard, thyme, pepper and half of cheese.
3. Stir until cheese is melted; add ham mixture and zucchini. Spoon into a shallow casserole dish. Top with remaining cheese. Combine crumbs and butter; sprinkle over cheese. Bake until heated through, about 10 – 15 minutes.

| Food Basket Item | No Frills | Save On | Real Cdn. Super Store | Walmart | WECAN |
|---|----------------|-----------------|-----------------------|-----------------|----------------|
| Lean Ground Beef (ave. 500 g) | \$ 7.00 | \$ 7.00 | \$ 7.00 | \$ 5.50 | \$ 4.75 |
| Ground Turkey (ave. 500 g) | \$ 7.70 | \$ 6.55 | \$ 7.70 | \$ 3.31 | \$ 3.79 |
| Ham, Nugget (1 kg) | \$ 11.85 | \$ 21.52 | \$ 10.70 | \$ 8.00 | \$ 8.00 |
| Bananas (1 bunch) | \$ 1.41 | \$ 1.70 | \$ 1.96 | \$ 1.90 | \$ 1.67 |
| Medium Oranges (4) | \$ 5.16 | \$ 5.96 | \$ 1.92 | \$ 4.92 | \$ 1.98 |
| Apples (4) | \$ 3.64 | \$ 3.52 | \$ 3.68 | \$ 1.24 | \$ 1.72 |
| Cucumber, English (1) | \$ 1.67 | \$ 1.47 | \$ 2.48 | \$ 1.67 | \$ 1.42 |
| Carrots (2 lb bag) | \$ 2.47 | \$ 2.66 | \$ 2.98 | \$ 1.64 | \$ 1.93 |
| Broccoli (1 bunch) | \$ 2.97 | \$ 3.95 | \$ 1.47 | \$ 2.97 | \$ 1.35 |
| TOTAL | \$43.87 | \$ 54.33 | \$ 39.89 | \$ 31.15 | \$26.61 |
| Pork Alt: Beef, Outside Round Roast (700 g) | \$ 12.16 | \$ 10.79 | \$ 11.19 | \$ 11.53 | \$ 8.39 |