

## Upcoming Events:

Deadline for next food order : May 8th 2020, Order pick-up :  
May 21st / 22nd 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](mailto:info@wecanfood.com)

Website:

[www.wecanfood.com](http://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

Issue: 20-04  
April 2020

## FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

### WECAN News

We are continuously reviewing AHS and City of Edmonton recommendations and doing everything we can to enable our depots to implement the social distancing recommendations.

### Cooking with ebooks and audio books!

**Are you interested in learning more about the food we eat and how it can support our health and well-being?**

We have handpicked a few resources for our members from the Edmonton Public Library. All you have to do is either download "libby" or "hoopla" on your smart phone, connect your library card to it and a whole new world of information and fun awaits you!

### Anti-Inflammatory Eating for a Happy Healthy Brain- Michelle Babb

New from the author of Anti-inflammatory Eating Made Easy, this cookbook shows how to use diet to improve your state of mind. The latest research shows the connection between a healthy gut and a healthy mind. Inflammation markers are frequently found in the blood of people with anxiety and depression, proving a food-mood connection. In this book nutritionist Michelle Babb shows how reducing that inflammation and balancing the flora in the gut results in a healthy mind.

### Eat, Drink and Be Healthy- Willette, Walter

There's an ever-growing body of evidence supporting the relatively simple principles that are behind healthy eating-yet the public seems to be more confused than ever. Never-ending promotions of fad diets get in the way of people making healthy choices. In this edition of Eat, Drink, and Be Healthy, Dr. Willett uses eye-opening research to explain the importance of various food groups and supplements as well as how to choose foods with the best types of carbohydrates, fats, and protein.

### Spice of the month - Cumin

Warm and earthy, cumin is the world's second most popular spice and a great addition to North African, Middle Eastern or Indian dishes. It's best to add cumin early in the cooking process to increase the depth of flavour. Cumin is a naturally iron rich ingredient that will increase the iron potency of your diet. One teaspoon of ground cumin contains 1.4 milligrams of iron. Hence, cumin is a great supplementary source of iron, even when used in small amounts as a seasoning. While cumin enhances the flavor of many favorite dishes and meals, it also may enhance your body's digestion ability and overall digestion process.



## Cooking with Your WECAN Food Basket

### Ham Burger Gravy

- Reprinted with permission from *Allrecipes.com*

#### Ingredients

- 2 pounds lean ground beef
- 1/4 cup all-purpose flour
- 1 quart milk
- salt and pepper to taste
- 1 teaspoon onion salt
- 1 small onion, chopped (optional)

#### Directions

- Place hamburger in a large, deep skillet. Crumble and cook over medium high heat until evenly brown. Remove from heat and sprinkle flour over cooked hamburger. Stir until evenly coated and all fat is absorbed.
- Place skillet over medium heat, add 1/2 of milk and stir until gravy begins to thicken. Add remaining milk until desired consistency has been reached and gravy comes to a boil. Season with salt, pepper and onion salt.
- Serve over mashed or boiled potatoes, toast or biscuits. Add fresh chopped onion if desired.

### Easy Barbecued Chicken

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

#### Ingredients

- 1/2 cup tomato-based chili sauce
- 1/4 cup orange marmalade
- 1 tbsp white wine vinegar
- 1/2 tsp celery salt
- 1/2 tsp chili powder
- 1/2 tsp hot pepper sauce
- 8 - 12 skinless chicken thighs

#### Directions

- Preheat natural gas barbecue on low heat for 10 - 15 minutes.
- To prepare sauce, combine all ingredients except chicken in a blender. Purée until smooth.
- Grill chicken until chicken is cooked through, about 40 - 45 minutes. Baste with sauce during last 10 - 15 minutes of cooking.

### Chicken Potato Soup

- Reprinted with permission from *Allrecipes.com*

#### Ingredients

- 2 skinless, boneless chicken breasts, diced
- 1 pinch seasoned salt, or to taste
- ground black pepper to taste
- 2 tablespoons vegetable oil
- ½ onion, chopped
- ½ teaspoon minced garlic
- 4 cups chicken broth
- 2 cups water
- 2 stalks celery, chopped
- 2 carrots, chopped
- 2 large russet potatoes, quartered and thinly sliced
- 1 pinch cayenne pepper, or to taste (optional)

#### Directions

- Preheat oven to 350°F. Season chicken with seasoned salt and pepper.
- Heat vegetable oil in a large soup pot over medium-high heat. Cook chicken until no longer pink in the center, about 5 minutes.
- Add onion to pot and cook until almost translucent, about 5 minutes. Add garlic and cook until slightly browned, about 2 minutes more.
- Stir broth, water, celery, carrots, and potatoes into the pot. Cook until carrots and potatoes are tender, 15 to 20 minutes.
- Taste and adjust seasoning with salt, pepper, and cayenne.

Food Basket Item	No Frills	Save On	Supersto re	Walmart	WECAN
Lean Ground Beef (ave.)	\$ 7.00	\$ 7.00	\$ 7.00	\$ 6.30	\$ 4.75
Chicken Thighs (1 kg)	\$ 7.47	\$ 12.80	\$ 10.98	\$ 6.77	\$ 9.79
Bananas (1 bunch)	\$ 1.41	\$ 2.28	\$ 1.45	\$ 2.64	\$ 1.67
Oranges (2)	\$ 2.96	\$ 2.98	\$ 3.06	\$ 2.46	\$ 1.49
Apples (3)	\$ 2.73	\$ 2.64	\$ 2.04	\$ 2.70	\$ 1.35
Leaf Lettuce (1 pkg)	\$ 2.67	\$ 2.99	\$ 2.98	\$ 2.47	\$ 1.93
Russet Potatoes (5 lb)	\$ 6.97	\$ 4.99	\$ 3.98	\$ 4.47	\$ 2.88
Cucumber (1)	\$ 1.47	\$ 1.99	\$ 1.48	\$ 1.67	\$ 1.31
<b>TOTAL</b>	<b>\$ 32.68</b>	<b>\$ 37.67</b>	<b>\$ 32.97</b>	<b>\$ 29.48</b>	<b>\$ 25.17</b>