

## Upcoming Events:

Deadline for next food order : Jul 10<sup>th</sup> 2020, Order pick-up :  
Jul 23<sup>rd</sup> / 24<sup>th</sup> 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 1<sup>st</sup> to March 31<sup>st</sup>.

### 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: 20-06  
June 2020

## FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

### WECAN News

#### Order Delivery for next six months

We have received some great news; we have received funding from the Edmonton Community Foundation for temporary delivery of food baskets for those most at risk in our community. We will be starting this temporary delivery for the next six months, starting in July for those who cannot pickup their food baskets due to COVID-19. We are excited to give this option to those most vulnerable in the Edmonton area.

#### WECAN Annual General Meeting 2020

The annual general meeting of the WECAN Food Basket Society of Alberta is scheduled for Saturday, June 27 at 10:00 am. It will be a virtual meeting keeping the safety of our members, board members and staff at forefront. This is in compliance with AHS recommendations and in compliance with our bylaws.

The annual report for our society will be presented at this meeting and the board of directors for the coming year will be chosen. WECAN will also be honoring its volunteers by presenting long service awards to those volunteers reaching 5, 10 and 15 year milestones.

If you want to join the AGM through your computer, please visit [www.wecanfood.com/agm](http://www.wecanfood.com/agm)

To join just by phone, please call the following toll free number and enter the conference ID when prompted:

(855) 569 3355

Conference ID: 664 585 147#

If you run into issues, please call support at (587) 404-3897

### Herb of the month – Caper

Capers are immature flower buds from Capparis shrubs which grow all over the Mediterranean. Capers are low in calories (about 25 in a small jar) and high in vitamins and minerals.

That said, the flavour-packed capers are also high in salt thanks to the way they're preserved. As they're bitter on their own, capers are stored in brine or packed in salt. They are commonly used in salads, pasta salads, meat dishes, and pasta sauces. Examples of uses in Italian cuisine are chicken piccata and *spaghetti alla puttanesca*.



## Cooking with Your WECAN Food Basket

### Easy Barbecue Chicken

-Reprinted with permission from *Allrecipes.com*

#### Ingredients

- 1) 1 cup lemon juice
- 2) ¼ cup vegetable oil
- 3) ¼ cup vinegar
- 4) 1 tablespoon dried oregano
- 5) 2 teaspoons garlic powder
- 6) 1 whole chicken, cut into pieces
- 7) salt and pepper to taste

#### Directions

- 1) In a large glass bowl mix lemon juice, vegetable oil, vinegar, oregano, and garlic powder. Place chicken pieces in the bowl, and season with salt and pepper. Cover, and marinate in the refrigerator at least 1 hour.
- 2) Preheat an outdoor grill for high heat, and lightly oil grate.
- 3) On the prepared grill, cook chicken until no longer pink and juices run clear. Periodically brush chicken with the remaining marinade mixture while cooking. Discard any leftover marinade.

### Egg and Cucumber Tea Sandwiches

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

#### Ingredients

- 1) 1/2 cup salted butter, softened
- 2) 1/4 cup chopped fresh parsley
- 3) 1 1/2 tsp fresh lemon juice
- 4) 1 clove garlic, finely chopped
- 5) 12 slices Everyday Bread or white bread
- 6) 6 hard-cooked large eggs, peeled and sliced
- 7) 2 tbsp Chili Oil
- 8) 1 1/2 cups thinly sliced English cucumber
- 9) 2 tsp coarse sea salt

#### Directions

- 1) Using medium speed of an electric mixer, beat together butter, parsley, lemon juice and garlic until smooth.
- 2) Spread butter mixture on one side of bread slices, dividing equally.
- 3) Top each of 6 bread slices with 1 sliced egg. Dividing equally, drizzle eggs with Chili Oil and top with cucumber. Sprinkle cucumber with salt. Cover with remaining bread slices.
- 4) Press down firmly on each sandwich and wrap with plastic wrap. Refrigerate sandwiches for 30 minutes. This makes the sandwiches easier to cut.
- 5) Unwrap sandwiches and cut off crusts; reserve crusts for another use. Cut each sandwich crosswise into 3 equal finger sandwiches. Serve immediately or cover and refrigerate for up to 2 hours.

### Juicy Lucy Burgers

- Reprinted with permission from *Allrecipes.com*

#### Ingredients

- 1) 1 ½ pounds ground beef
- 2) 1 tablespoon Worcestershire sauce
- 3) ¾ teaspoon garlic salt
- 4) 1 teaspoon black pepper
- 5) 4 slices American cheese (such as Kraft®)
- 6) 4 eaches hamburger buns, split

#### Directions

- 1) Combine ground beef, Worcestershire sauce, garlic salt, and pepper in a large bowl; mix well. Form 8, thin patties from the beef. Each patty should be slightly larger than a slice of cheese.
- 2) Cut each slice of American cheese into 4 equal pieces; stack the pieces. Sandwich one stack of cheese between 2 ground beef patties. Tightly pinch edges together tightly seal the cheese within the meat. Repeat with the remaining cheese and patties.
- 3) Preheat a cast-iron or other heavy bottomed skillet over medium heat. Cook burgers until well browned, about 4 minutes. It is common for burgers to puff up due to steam from the melting cheese. Turn burgers and prick the top of each to allow steam to escape; cook until browned on the outside and no longer pink on the inside; about 4 minutes. Serve on hamburger buns.
- 4) Please make a tight seal, because it needs to be TIGHT to avoid a cheesy eruption as the cheese melts, creates steam, and tries to find its way out. You can also fire up a medium-hot bed of coals and cook these on your backyard grill.

Food Basket Item	No Frills	Save On	Superstor e	Walmart	WECAN
Lean Ground Beef (ave. 500 g)	\$ 6.58	\$ 8.00	\$ 7.00	\$ 6.03	\$ 4.75
Chicken, Whole - avg 1.5 kg	\$12.47	\$17.58	\$ 13.17	\$11.48	\$10.00
Bananas (1 bunch)	\$ 1.70	\$ 1.70	\$ 1.45	\$ 2.20	\$ 1.67
Kiwis, large (3)	\$ 2.61	\$ 1.80	\$ 2.61	\$ 2.31	\$ 1.92
Apples, Royal Gala (4)	\$ 3.64	\$ 4.40	\$ 3.68	\$ 1.24	\$ 1.83
Leaf Lettuce (1 pkg)	\$ 2.47	\$ 2.49	\$ 2.48	\$ 1.97	\$ 1.96
Broccoli (1 bunch)	\$ 2.97	\$ 3.95	\$ 2.97	\$ 3.17	\$ 1.69
Cucumber, Long English - 2 lb bag	\$ 3.81	\$ 3.87	\$ 4.44	\$ 2.64	\$ 1.27
<b>TOTAL</b>	<b>\$36.25</b>	<b>\$43.79</b>	<b>\$ 37.80</b>	<b>\$31.04</b>	<b>\$25.00</b>