

## Upcoming Events:

Deadline for next food order: Sep 4<sup>th</sup>, 2020, Order pick-up:  
Sep 17<sup>th</sup>, 18<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:*



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

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## FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

### WECAN News

#### Online orders on WECAN website

The WECAN online ordering system is up and running. You can now place your orders online and pick up your orders as usual. This saves you one trip to the depot for placing an order.

#### Standard Practices of Food Handling

In this issue we will continue to discuss cross contamination of food. Cross contamination is transferring of microorganisms or pathogens from raw food to cooked or ready to eat food, making the cooked or ready to eat food unsafe. Cross contamination can be either direct or indirect.

**Direct cross-contamination** happens when contaminated food touches or drips onto other cooked or ready to eat food. Examples are dripping of juices from raw meats incorrectly stored on top, accidental addition of chemical cleaners or pest feces in contact with food. **Indirect cross contamination** happens through using the same equipment or utensils to handle raw food and then cooked food. Examples of items that contribute to indirect cross contamination include, knives, spatulas, cutting boards and food handler hands. This type of cross contamination is more common and considerable attention must be paid in order to prevent it from happening.

We are sharing this information we learnt from the Alberta Food Handler Certification, we hope it will be useful for our members!

#### Herb of the month – Turmeric

**Turmeric** is a flowering plant, *Curcuma longa* of the ginger family, the roots of which are used in cooking.

The plant is a perennial, rhizomatous, herbaceous plant native to the Indian subcontinent and Southeast Asia, that requires temperatures between 20 and 30 °C (68 and 86 °F) and a considerable amount of annual rainfall to thrive. Plants are gathered each year for their rhizomes, some for propagation in the following season and some for consumption. Turmeric is one of the key ingredients in many Asian dishes, imparting a mustard-like, earthy aroma and pungent, slightly bitter flavor to foods. It is used mostly in savory dishes, but also is used in some sweet dishes. Turmeric contains the chemical curcumin. Curcumin and other chemicals in turmeric might decrease swelling (inflammation). Because of this, turmeric might be beneficial for treating conditions that involve inflammation. It is possibly effective for reducing cholesterol, osteoarthritis pain and itching in people with long term kidney disease.



# Cooking with Your WECAN Food Basket

## Baked Slow Cooker Chicken

-Reprinted with permission from *Allrecipes.com*

### Ingredients

- 1 (2 to 3 pound) whole chicken
- salt and pepper to taste
- 1 teaspoon paprika

### Directions

- Wad three pieces of aluminum foil into 3 to 4-inch balls and place them in the bottom of the slow cooker.
- Rinse the chicken, inside and out, under cold running water. Pat dry with paper towels. Season the chicken with the salt, pepper and paprika, and place in the slow cooker on top of the crumpled aluminum foil.
- Set the slow cooker to high for 1 hour, then turn down to Low for about 8 to 10 hours, or until the chicken is no longer pink and the juices run clear.

## Inwood Hamburgers

-Reprinted with permission from *Allrecipes.com*

### Ingredients

- 1-pound ground beef
- 4-piece (blank)s soft sun-dried tomatoes, chopped
- 2 green onions, finely chopped
- 2 cloves garlic, minced
- ½ green bell pepper, chopped
- 1 egg
- 3 tablespoons breadcrumbs
- 1 dash Worcestershire sauce
- 1 dash hot pepper sauce (such as Tabasco®)
- 1 pinch salt and pepper to taste
- 1 teaspoon vegetable oil
- 8 English muffins, split and toasted

### Directions

- Mix the beef, sun-dried tomato, green onions, garlic, bell pepper, egg, breadcrumbs, Worcestershire sauce, salt, and pepper together in a bowl using your hands to assure the ingredients are equally integrated. Form into 8 1/2-inch thick patties.
- Heat the vegetable oil in a skillet over medium-high heat. Cook the burgers in the hot skillet until cooked to your desired degree of doneness, 5 to 6 minutes per side for well done. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C). Serve on the toasted English muffins.

## Apple Spiced Scones

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

### Ingredients

- 2 cups all-purpose flour
- ¼ cup granulated sugar
- 2 tsp baking powder
- ½ tsp cinnamon, ¼ tsp ground nutmeg
- ⅛ tsp ground cloves, ⅛ tsp salt
- ⅓ cup salted butter, chilled and cubed
- ¼ cup whipping cream
- ¼ cup unsweetened apple sauce
- 1 large egg, 1½ tsp vanilla
- 1 granny smith apple, peeled and diced (about 1 cup)
- 2 tbsp whipping cream
- 2 tbsp golden granulated sugar crystals

### Directions

- Preheat oven to 400°F.
- Place flour, granulated sugar, baking powder, cinnamon, nutmeg, cloves and salt in a food processor. Pulse to combine. Add butter and pulse until dough resembles coarse crumbs.
- Whisk together ¼ cup whipping cream, apple sauce, egg and vanilla in a medium bowl. Add cream mixture to flour mixture and process just until dough starts to come together.
- Turn dough out onto a lightly floured surface. Fold apples into dough and knead dough gently just until apples are evenly distributed. Roll out dough ½ inch thick.
- Using a floured 2½ inch round cookie cutter, cut dough into rounds. You may re-roll dough once if required. Place on a parchment paper-lined baking sheet. Brush with 2 tbsp whipping cream and sprinkle with sugar crystals, dividing evenly.
- Bake until lightly browned, about 12 – 15 minutes.

Food Basket Item	No Frills	Save On	Superstore	Walmart	WECAN
Lean Ground Beef (ave. 500 g)	\$ 7.00	\$ 7.00	\$ 7.00	\$ 6.00	\$ 4.75
Whole Chicken (ave. 1.5 kg)	\$12.46	\$14.85	\$ 15.42	\$10.85	\$10.00
Bananas (1 bunch)	\$ 1.96	\$ 1.70	\$ 1.96	\$ 2.20	\$ 1.67
Pears (3)	\$ 3.15	\$ 3.03	\$ 3.45	\$ 2.61	\$ 1.35
Apples, Royal Gala (3)	\$ 2.04	\$ 3.45	\$ 2.76	\$ 3.27	\$ 1.59
Leaf Lettuce (1 pkg)	\$ 1.97	\$ 2.49	\$ 1.98	\$ 1.97	\$ 1.74
Broccoli	\$ 2.97	\$ 3.95	\$ 1.98	\$ 2.97	\$ 1.42
Green Onions (1 bunch)	\$ 0.67	\$ 1.29	\$ 0.97	\$ 0.97	\$ 0.70
Cucumber, Long English (1)	\$ 1.47	\$ 1.99	\$ 1.98	\$ 1.27	\$ 1.25
<b>TOTAL</b>	<b>\$33.69</b>	<b>\$39.75</b>	<b>\$ 37.50</b>	<b>\$32.11</b>	<b>\$24.47</b>