

Upcoming Events:

Deadline for next food order: Nov 6th , 2020, Order pick-up:
Nov 19th & 20th 2020.

Memberships:

Your WECAN membership is only \$5 per family annually. It can be purchased from your depot coordinator or online 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

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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Oct 2020

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN News

A big thankyou to everyone who participated in the Turkey Trot fundraiser! We really appreciate all our members, community members and volunteers! We encourage all our members to participate in our member satisfaction survey. You can easily fill out the survey online at:

<https://wecanfood.com/member-survey/>

Standard Practices of Food Handling

Let's continue learning about safe food handling, last time we talked about cross contamination, we will discuss who is behind contamination in this issue. We are sharing this information we learnt from the Alberta Food Handler Certification.

Microorganisms are found everywhere. They are not visible to the naked eye. Microorganisms can come from food, water, animals, humans, or objects. Food contaminated with microorganisms may look, smell, and taste fine, even when it's not safe. There are 4 types of microorganisms; viruses, parasites, fungi (moulds and yeasts) and bacteria.

Viruses are pathogens that multiply inside our own cells, they are non-living but can survive for a long time on surfaces. They do not grow on food; they are so small that they can't be seen with a regular microscope. Illness due to viruses occurs very quickly and usually lasts 1-2 days. They are very contagious, often cannot be treated and dehydration is common in high risk groups. Human hands commonly contaminate food, so **handwashing is important!** Another common source is seafood from contaminated water. We will continue our discussion in the next issue.

Herb of the month – chives

Chives, scientific name *Allium schoenoprasum*, is a species of flowering plant in the family Amaryllidaceae that produces edible leaves and flowers. Their close relatives include the common onions, garlic, shallot, leek, scallion, and Chinese onion. Chives can be a great addition to your indoor garden, you need at least a 6 inch pot, some seeds or a small chives plant from the nursery. Scatter seeds over the pre-moistened medium and cover with a fine layer of the pre-moistened soil, about ¼ inch (.6 cm.) deep. Place in the lighted area. Seeds may be kept moist until germination with a mist of water, weak plant food or weak compost tea. Chives germinate within two weeks, often more quickly. Growing chives indoors offers a handy and easy way to season your food and brighten your space. Use in salads and sauces or with vegetables.



Cooking with Your WECAN Food Basket

Simple stuffing

-Reprinted with permission from *Allrecipes.com*

Ingredients

- 1 (1 pound) loaf sliced white bread
- ¾ cup butter or margarine
- 1 onion, chopped
- 4 stalks celery, chopped
- 2 teaspoons poultry seasoning
- salt and pepper to taste
- 1 cup chicken broth

Directions

- Let bread slices air dry for 1 to 2 hours, then cut into cubes.
- In a Dutch oven, melt butter or margarine over medium heat. Cook onion and celery until soft. Season with poultry seasoning, salt, and pepper. Stir in bread cubes until evenly coated. Moisten with chicken broth; mix well.
- Chill, and use as a stuffing for turkey, or bake in a buttered casserole dish at 350 degrees F (175 degrees C) for 30 to 40 minutes.

Breaded Hamburgers

-Reprinted with permission from *Allrecipes.com*

Ingredients

- 1-pound ground beef
- ¼ teaspoon salt,
- ½ teaspoon ground black pepper
- ½ teaspoon garlic powder
- 2 teaspoons Worcestershire sauce
- 2 large eggs
- 1 small onion, sliced into rings
- 1 ½ cups breadcrumbs
- ¼ cup vegetable oil for frying

Directions

- Preheat the oven to 350 degrees F (175 degrees C)
- Whisk eggs together in a small bowl. Place breadcrumbs on a plate. In a medium bowl, mix together the ground beef, salt, pepper, garlic powder, and Worcestershire sauce. Form into 4 patties. Dip burger patties into egg, then press into breadcrumbs to coat.
- Heat oil in a large skillet over medium-high heat. Brown the breaded hamburgers on each side, about 2 minutes per side.

- Place onion rings in the bottom of a baking dish or casserole dish. Pour in just enough water to cover the bottom, but not cover the onion.
- Carefully place burgers on top of the onions in the baking dish without touching the water. Bake for 25 to 30 minutes in the preheated oven, until burgers are well done.

Easy Slow Cooker Carne Guisada

-Reprinted with permission from *Allrecipes.com*

Ingredients

- 3 pounds chuck roast, cut into 1 1/2-inch cubes
- 3 medium potatoes, unpeeled and diced
- 1 medium onion, chopped
- 2 medium (blank)s red bell peppers, cut into strips
- 3 cloves garlic, crushed
- ¼ cup all-purpose flour
- ¼ cup chili powder
- 1 teaspoon cumin
- 1 teaspoon salt
- 3 cups beef broth

Directions

- Combine beef, potatoes, onion, peppers, and garlic in a large bowl. In a small bowl, mix together the flour, chili powder, cumin, and salt. Toss the beef mixture with the flour mixture until evenly coated. Place the mixture into a slow cooker, and pour in enough beef broth to barely cover the meat. If you don't have quite enough, you can fill the rest of the way with water.
- Cook on Low until the beef is tender, 6 to 8 hours

Food Basket Item	No Frills	Save On	Superstore	Walmart	WECAN
Lean Ground Beef (ave. 500 g)	\$ 7.00	\$ 7.00	\$ 7.00	\$ 6.65	\$ 4.75
Whole Chicken (1.55 kg average)	\$ 9.47	\$ 15.59	\$11.83	\$10.80	\$ 10.00
Bananas (1 bunch)	\$ 1.23	\$ 1.72	\$ 1.96	\$ 1.90	\$ 1.62
Pears (3)	\$ 3.25	\$ 3.03	\$ 2.24	\$ 2.61	\$ 2.06
Apples, Royal Gala (3)	\$ 2.10	\$ 3.03	\$ 2.76	\$ 2.01	\$ 1.18
Russet Potatoes (5 lb bag)	\$ 7.35	\$ 4.99	\$ 3.98	\$ 3.97	\$ 3.14
Broccoli (1 bunch)	\$ 2.67	\$ 3.95	\$ 2.97	\$ 2.97	\$ 1.88
Celery (1 stalk)	\$ 1.98	\$ 2.52	\$ 2.48	\$ 3.97	\$ 1.17
TOTAL	\$35.05	\$ 41.83	\$35.22	\$34.88	\$ 25.80
Pork Alt:					