

Upcoming Events:

Deadline for next food order: **Jan 8th 2021**, Order pick-up:
Jan 21st & 22nd 2021.

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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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN News

The WECAN board and staff would like to wish you happy holidays and a Merry Christmas! We hope you all stay safe and follow social distancing guidelines this holiday season!

Standard Practices of Food Handling

Let us start from where we left off, what is bacteria and what do we do about it! We are sharing what we learnt from the Alberta Food Handler Certification. There are 4 types of microorganisms: viruses, parasites, fungi (moulds and yeasts) and bacteria.

Bacteria can be beneficial or harmful for humans: example of good bacteria: probiotics in yogurt, examples of bad bacteria: Salmonella, E. coli etc. Pathogenic bacteria cause food-borne illness in one of two ways; Bacterial infection, or Bacterial intoxication.

Bacterial infection:

Caused by eating food contaminated with bacterial pathogens. Bacteria multiply in food and multiply further inside intestine, the start of symptoms is slow: 1 to 10 days, sometimes even up to 2 months. The amount and type of bacteria eaten determines start of symptom. Usually results in (bloody) diarrhea, cramps, and fever. Examples of bacteria that cause infection: Salmonella (ex. chicken, eggs), E. coli (ex. ground beef), Campylobacter (ex. processed chicken, meat), Shigella (ex. veggies). It is important to wash food thoroughly and cook it according to package instructions.

We will discuss bacterial intoxication and spores in our next issue, stay tuned ☺

Herb of the month - bay



Bay leaves are a fragrant leaf from the laurel tree used as an herb. Bay leaves are available whole—either fresh or dried—or ground into a powder. The leaves are added to slow-cooked recipes, such as soups, sauces, and stews, and are removed before serving the dish. They have a floral and herbal scent reminiscent of oregano and thyme and are used more often than any other herb. It is easy to start growing bay leaves in a container, in the wild the tree can grow up to 60 feet! To start growing bay leaves in containers, you can plant bay leaf seeds. But seeds take a long time to get started. It is faster if you purchase small seedlings. They will ultimately grow into mature bay trees. Drainage is very important to a bay leaf. Select a container with ample drain holes and use container soil that drains easily. Keep it in a sunny window and water it regularly.

Cooking with Your WECAN Food Basket

Skillet Chicken Tighs

-Reprinted with permission from *Allrecipes.com*

Ingredients

- 1 pound bone-in chicken thighs
- 1 ½ teaspoons paprika
- 1 ½ teaspoons salt, or more to taste
- 1 teaspoon ground black pepper, or more to taste
- 2 tablespoons vegetable oil
- ¾ pound baby carrots
- ½ pound baby potatoes, halved
- ½ onion, sliced
- 1 cup chicken broth, divided
- 1 tablespoon cornstarch

Directions

- Season chicken thighs with paprika, salt, and pepper.
- Heat oil in a skillet over medium-high heat. Place chicken thighs skin-side down in the skillet and cook, without moving, until golden brown, 7 to 9 minutes. Flip thighs over and cook for an additional 3 to 5 minutes. Remove from the skillet and set aside.
- Add potatoes, cut side down, and cook over medium-high heat until golden brown, 3 to 5 minutes. Add carrots and onions and cook until onions are soft and translucent, 8 to 10 minutes. Stir in 3/4 cup chicken broth, scraping up all the browned bits.
- Dissolve corn starch in 1/4 cup chicken broth and pour into the skillet. Stir until well combined.
- Place chicken thighs over vegetables, cover, and cook until carrots are tender, and chicken is no longer pink at the bone and the juices run clear, 25 to 30 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C). Season with additional salt and pepper if needed.

Hamburger Hash Recipe

-Reprinted with permission from *Allrecipes.com*

Ingredients

- 1 pound ground beef
- 1 large onion, chopped
- 1 pound potatoes, cut into small chunks
- 2 tablespoons beef bouillon
- water to cover

Directions

- Brown beef and onion in a large saucepan until meat is no longer pink. Add potatoes, bouillon, and water to cover.
- Cover saucepan, lower heat and let simmer for 30 minutes, or until potatoes are tender and water has been absorbed.

Cranberry Orange Loaf

- Reprinted with permission from *Allrecipes.com*

Ingredients

- 2 cups all-purpose flour
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 tablespoon grated orange zest
- 1 ½ cups fresh cranberries
- ½ cup pecans, coarsely chopped
- ¼ cup margarine, softened
- 1 cup white sugar
- 1 egg
- ¾ cup orange juice

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 9x5 inch loaf pan. Whisk together flour, baking powder, baking soda, and salt. Stir in orange zest, cranberries, and pecans. Set aside.
- In a large bowl, cream together margarine, sugar, and egg until smooth. Stir in orange juice. Beat in flour mixture until just moistened. Pour into prepared pan.
- Bake for 1 hour in the preheated oven, or until the bread springs back when lightly touched. Let stand 10 minutes, then turn out onto a wire rack to cool. Wrap in plastic when completely cool.

Food Basket Item	No Frills	Safeway	Superstore	Walmart	WECAN
Lean Ground Beef	\$ 4.40	\$ 6.60	\$ 7.00	NA	\$ 4.40
Chicken Thighs	\$ 13.68	\$ 9.71	\$ 14.25	NA	\$ 9.74
				NA	
Bananas (1 bunch)	\$ 1.92	\$ 1.74	\$ 1.96	NA	\$ 1.66
Oranges (3)	\$ 4.44	\$ 4.47	\$ 4.47	NA	\$ 1.77
Apples, Royal Gala (4)	\$ 3.08	\$ 4.00	\$ 3.68	NA	\$ 1.56
Carrots (2 lb bag)	\$ 1.97	\$ 1.99	\$ 2.48	NA	\$ 1.88
Celery (1 stalk)	\$ 2.47	\$ 2.99	\$ 2.48	NA	\$ 1.06
Russet Potatoes(5lb bag)	\$ 2.97	\$ 2.50	\$ 4.97	NA	\$ 2.86
TOTAL	\$ 34.93	\$ 34.00	\$ 41.29	\$ -	\$ 24.93
Please note: Walmart prices were bnot available online at the time of this comparison.					