

Upcoming Events:

Deadline for next food order: **March 5th 2021**, Order pick-up:
March 18th & 19th 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:

TGP

AGLC
Choices Alberta can trust.

Edmonton Civic Employees
Charitable Assistance Fund
EST 1941

ATB

CSU 52
civic service union

EDMONTON COMMUNITY FOUNDATION

BRICK & WHISKEY PUBLIC HOUSE

THE CITY OF EDMONTON

servus
credit union

The Ed Stelmach
Community FOUNDATION

EDMONTON'S FOODBANK

Alberta
Government



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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WECAN Food Basket Bulletin

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN News

Last month a good Samaritan called in to let us know of an error on our January issue. They took time to call and let us know the error they noticed on our second recipe. They also said this was their "good deed of the day"! We really appreciate that and hope this will encourage you to add a "good deed of the day" to your daily rituals.

Standard Practices of Food Handling

Let us start from where we left off, we discussed bacterial intoxication in the last issue, this time we discuss how long does it take for bacteria to grow and who gets sick? We are sharing what we learnt from the Alberta Food Handler Certification.

One bacterium divides to form two bacteria and so on, they divide in 20 minutes given the right conditions. There are several reasons that can make a person who eats contaminated food more or less likely to get sick. Some of these are: Immune status, how many organisms you ate and what type of organism you ate.

Groups at increased risk of food-borne illness are: Young children, the elderly, people with weakened immune systems, pregnant women. There must be enough bacteria to make it through the stomach to the intestines for a person to get sick. This is called the 'infectious dose'. Different pathogens have different infectious doses. Usually, the higher the infectious dose consumed, the faster and more severe the symptoms. If a person's immune system is compromised, it will take even less time.

We will continue our discussion on various reasons someone could get sick in our next issue. ☺

Herb of the month – garlic chives



With their white flowers, long green shoots, and lack of a bulb, garlic chives (*Allium tuberosum*) bear a strong resemblance to regular chives. Growing garlic chives in water could not be simpler. Simply take an unpeeled garlic clove and plunk it in a shallow glass or dish. Cover the clove partially with water. Do not submerge the entire clove or it will rot. If you select organically grown garlic, then you will be regrowing organic garlic chives. This can save you a bunch of money since organics can be pricey. Once green stems have formed, you can use the garlic chives. Just snip the green ends as needed to add to eggs, as a tasty garnish, or in anything you want a kick of mild garlic flavor. Chop the chives to release the flavor. For best results, add the chives near the end of the cooking process—otherwise, the flavor fades.

Cooking with Your WECAN Food Basket

Banana Dogs

-Reprinted with permission from Allrecipes.com

This is a healthy and fun snack for kids.

Ingredients

- 2 tablespoons peanut butter
- 2 whole wheat hot dog buns
- 2 bananas
- 2 tablespoons raspberry jelly
- 1 tablespoon raisins (Optional)

Directions

Spread 1 tablespoon of peanut butter onto each hot dog bun. Place a banana into each one as if it were a hot dog. Squeeze jelly over the banana from a squeeze bottle or spread over the peanut butter. Sprinkle with raisins, if using.

Crispy and Tender Baked Chicken Thighs

-Reprinted with permission from Allrecipes.com

Ingredients

- Cooking spray
- 8 bone-in thighs
- ¼ teaspoon garlic salt
- ¼ teaspoon onion salt
- ¼ teaspoon dried oregano
- ¼ teaspoon ground thyme
- ¼ teaspoon paprika
- ¼ teaspoon ground black pepper

Directions

- Preheat the oven to 425 degrees F (220 degrees C)
- Arrange chicken thighs on prepared baking sheet.
- Combine garlic salt, onion salt, oregano, thyme, paprika, and pepper together in a small container with a lid. Close the lid and shake container until spices are thoroughly mixed. Sprinkle spice mixture liberally over chicken thighs.
- Bake chicken in the preheated oven until skin is crispy, thighs are no longer pink at the bone, and the juices run clear, about 1 hour. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Hamburger Muffins

-Reprinted with permission from Allrecipes.com

Ingredients

- 12 slices white bread, 3 tablespoons butter, softened.
- 1¼ pounds ground beef
- 1 egg
- 1 small onion, chopped.
- 1 (10.75 ounce) can condensed cream of mushroom soup.
- salt and pepper to taste.
- ¾ cup shredded Cheddar cheese

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Butter one side of each slice of bread and press each slice butter-side down into the cups of a muffin tin.
- In a medium bowl, mix the ground beef, egg, onion, cream of mushroom soup, salt and pepper until well blended. Fill each bread cup with the mixture. Sprinkle shredded Cheddar cheese over the tops.
- Bake for 30 minutes in the preheated oven, or until meat is cooked through.

Easy Breakfast Pizza

-Reprinted with permission from Allrecipes.com

Ingredients

- 5 plain bagels, split.
- 1 (14 ounce) package cooked bacon, cut into 1/4-inch pieces.
- 1 cup prepared sausage gravy
- 1 (8 ounce) package shredded mozzarella cheese

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Arrange bagels onto a baking sheet with the cut sides up. Arrange bacon pieces atop the bagel halves. Spoon gravy lightly atop the bacon. Sprinkle mozzarella cheese over the gravy.
- Bake in preheated oven until the cheese melts, about 10 minutes.

Food Basket Item	No Frills	Save on Foods	Superstore	Walmart	WECAN
Lean Ground Beef	\$ 7.00	\$ 7.00	\$ 7.00	\$ 6.65	\$ 4.00
Chicken thighs-1.3 kg	\$ 9.49	\$ 18.34	\$ 8.54	\$ 11.38	\$ 9.74
Cheese-220g	\$ 5.50	\$ 4.99	\$ 5.28	\$ 4.16	\$ 1.50
Bananas (1 bunch)	\$ 1.70	\$ 1.70	\$ 1.70	\$ 1.21	\$ 1.67
Oranges (3)	\$ 1.50	\$ 5.82	\$ 3.90	\$ 2.76	\$ 1.79
Apples, Royal Gala (4)	\$ 1.84	\$ 4.20	\$ 2.72	\$ 2.36	\$ 1.62
Broccoli	\$ 2.97	\$ 3.96	\$ 2.98	\$ 2.47	\$ 1.31
Celery Stalk	\$ 2.97	\$ 2.51	\$ 2.98	\$ 2.47	\$ 1.55
Carrots- 2lb	\$ 1.97	\$ 2.49	\$ 2.98	\$ 1.31	\$ 1.84
TOTAL	\$ 34.94	\$ 51.01	\$ 38.08	\$ 34.77	\$ 25.02
Pork Sausage- 4pc	\$ 2.49	\$ 1.47	\$ 2.31	\$ 2.33	\$1.50