

Upcoming Events:

Deadline for the next food order: June 4th 2021
Order Pick-up: June 17th & 18th

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.

Thankyou 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

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

Annual General Meeting 2021

The annual general meeting of the WECAN Food Basket Society of Alberta is scheduled for Saturday, June 26th 10:00 am. It will be a virtual meeting keeping the safety of our members, board members and staff at forefront. This follows 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.

We will share details of how to join the meeting in our June issue.

Standard Practices of Food Handling

What are some foods that encourage pathogen growth? We are sharing what we learnt from the Alberta Food Handler Certification.

It is important that food handlers can recognize high-risk foods as these foods have all the things that pathogenic bacteria need to multiply quickly and make someone sick. When working with high-risk foods at room temperature, work quickly and carefully! High-risk foods have all three of these characteristics: 1.High in Protein 2.High in Moisture 3.Neutral pH (between pH of 4.5 to 7.5). High-risk foods include meat, dairy, fish, eggs, cooked vegetables (ex. rice, baked potatoes), some raw vegetables (ex. bean sprouts, garlic in oil), and some raw fruits (ex. cut melons). Shelf-stable products like commercially canned foods are not high-risk foods.

We will continue with details of mitigating risk of food borne illness through time-temperature control in our next issue 😊

Herb of the Month - Bergamot

Bergamot, one of several fragrant herbs of the genus *Monarda* (family Lamiaceae) or the fruit of the bergamot orange (*Citrus auranti*-um). The bergamot herbs and the bergamot orange have a similar characteristic floral fragrance and are commonly used in perfumes and as a flavouring. The bergamot herbs are perennial plants native to North America and are commonly grown as ornamentals to attract bees, butterflies, and hummingbirds. Bee balm, or Oswego tea (*Monarda didyma*), was used as a beverage by the Oswego tribe of American Indians and was one of the drinks adopted by American colonists during their boycott of British tea. The leaves are used to flavour punches, lemonade, and other cold drinks. Lemon bergamot, or lemon bee balm (*M. citriodora*), and wild bergamot (*M. fistulosa*) are also used as flavourings and in teas. Preparing bergamot tea is quite simple. Just take a cup of boiling water and pour it onto the bergamot herb. The tea can be prepared from the fresh form, dried form or even the seeds of the herb. You can add the raw leaves to salads and soups.



Cooking with Your WECAN Food Basket

Hobo Dinner

-Reprinted with permission from *Allrecipes.com*

Surprisingly, simple recipe. Do not use diet soda. Serve with au gratin potatoes and broccoli. Its unusual ingredients make very tender and delicious pork chops!

Ingredients

- 1 pound ground beef
- 5 potatoes, peeled and cut into steak fries
- 4 large carrots, peeled and sliced lengthwise
- 1 onion, peeled and sliced into rings
- salt to taste
- ground black pepper to taste
- garlic salt to taste

Directions

- Preheat oven to 400 degrees F (200 degrees C). Line a 9x13 inch baking pan with aluminum foil.
- Shape the ground beef into patties and place in pan. Layer the vegetables on top of the beef patties, starting with the potatoes, then carrots and finally onion rings. Season with salt, pepper and garlic salt to taste.
- Cover with aluminum foil and seal edges. Bake in preheated oven for 1 hour, or to desired doneness.

Perfect Pineapple Orange Chicken

-Reprinted with permission from *Allrecipes.com*

Ingredients

- 1 (2 to 3 pound) whole chicken, rinsed
- 4 tablespoons butter, softened
- ½ cup pineapple juice
- ½ cup orange juice
- salt and pepper to taste

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place rinsed and dried chicken on a tray. Rub butter all over the chicken, top and bottom, then season evenly with salt and pepper to taste.
- Pour the pineapple juice and orange juice in the tray, not directly over the chicken.
- Bake chicken uncovered in the preheated oven for 1 1/2 hours, basting every 5 to 10 minutes with the juices. When it is done it should be a perfect golden brown.

Dilled Vegetables in a Packet

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

Ingredients

- 2 cups sliced mushrooms
- 2 cups sliced zucchini
- 2 cups broccoli florets
- 1/2 cup diced red bell pepper
- 2 tbsp butter, melted
- 1 tsp dill weed
- 1/8 tsp garlic powder
- 1/8 tsp salt
- 1/8 tsp freshly ground pepper

Directions

- Combine all ingredients in a bowl.
- Place vegetable mixture in centre of a large piece of heavy-duty foil. Bring edges of foil together to form a packet; close all edges with tight double folds.
- Cook over medium heat on natural gas barbecue, turning packet over frequently, for 20 - 25 minutes or until vegetables are tender.

Food Basket Item	No Frills	Save on Foods	Superstore	Walmart	WECAN
Lean Ground Beef (500g)	\$ 7.00	\$ 7.00	\$ 7.00	\$ 6.67	\$ 4.40
Whole Chicken	\$ 12.58	\$ 15.73	\$ 12.09	\$ 12.53	\$ 10.00
Bananas (1 bunch)	\$ 1.70	\$ 1.70	\$ 1.68	\$ 1.23	\$ 1.66
Orange (3)	\$ 4.56	\$ 5.25	\$ 4.59	\$ 3.12	\$ 2.07
Apple (3)	\$ 1.77	\$ 3.15	\$ 2.73	\$ 1.77	\$ 1.68
Broccoli (1 bunch)	\$ 1.97	\$ 3.96	\$ 2.98	\$ 1.97	\$ 1.51
Lettuce (1 bunch)	\$ 2.47	\$ 2.49	\$ 2.48	\$ 2.47	\$ 1.68
Carrots (2 lb)	\$ 2.47	\$ 2.39	\$ 2.98	\$ 1.31	\$ 2.16
TOTAL	\$ 34.52	\$ 41.67	\$ 36.53	\$ 31.07	\$ 25.16
* Price was unavailable at time of comparison					