

Upcoming Events:

Deadline for the next food order: July 9th 2021
Order Pick-up: July 22nd & 23rd

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

Issue:21-06
Jun 2021

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. Here is the link to access the AGM 2021:

<https://wecanfood.com/agm/>

WECAN Online Raffle

Dear members WECAN's raffle is online this year. Please do share with your friends and family!

The winner will receive a minimum cash prize of \$1000 or 50% of ticket sales (whichever is greater) up to a maximum of \$2500.

WECAN Food Basket Society believes every family and individual has the right to enough food to meet their nutritional needs to live a good and healthy life. WECAN gives families and individuals the opportunity to purchase food at an affordable price through bulk buying and volunteers helping with food distribution.

Funds raised will be used to support the food basket program.

You will see the raffle on the WECAN home page, here is the link just in case 😊.

[Rafflebox - WECAN Food Basket 50/50 Cash Raffle Fundraiser](#)

Vegetable of the month – cauliflower

Cauliflower is a source of choline, an essential nutrient we need for mood, memory, and recall. As such, it is a key building block of acetylcholine, a chemical messenger involved in signaling the central nervous system. Choline is also essential for brain development. Like broccoli and cabbage, cauliflower's sulforaphane content has a number of health benefits including reducing the risk of cancer. Sulforaphane fights cancer by protecting cells from DNA damage and by inactivating carcinogens. Being rich in sulfur, cruciferous vegetables like cauliflower may support gut health and as a result improve your defence against infection. This is because sulfur supports the production of glutathione which is important for maintaining the integrity of the gut lining as well as supporting its regeneration. As a potent antioxidant, glutathione works throughout the body protecting cells from inflammatory damage.



Cooking with Your WECAN Food Basket

Loaded Cauliflower

-Reprinted with permission from *Allrecipes.com*

Ingredients

- 1 head cauliflower
- ½ cup sour cream
- ½ cup shredded Cheddar cheese
- 1 teaspoon dry ranch salad dressing mix (such as Hidden Valley Ranch®)
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 1 tablespoon butter, cut into small pieces, or more to taste

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower, cover, and steam until very tender, 15 to 20 minutes. Transfer cauliflower to a bowl, mash, and strain excess water.
- Mix cauliflower, sour cream, Cheddar cheese, ranch dressing mix, onion powder, and garlic powder together in a 9-inch baking dish; top with butter.
- Bake in the preheated oven until bubbling, 30 to 45 minutes.

Easy Skillet Chicken & Riced Cauliflower

-Reprinted with permission from *Allrecipes.com*

Ingredients

- 2 tablespoons olive oil
- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 small onion, chopped
- 2 cloves garlic, chopped
- 1 (7 ounce) package Green Giant® Riced Cauliflower - any variety
- ½ cup chicken broth
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh oregano

Directions

- Season chicken with salt and pepper, if desired. Heat olive oil in large nonstick skillet over medium heat and brown chicken. Remove and set aside.
- Add onion and cook 3 minutes or until softened.
- Add Green Giant® Riced Cauliflower and garlic and cook 3 minutes.
- Stir in broth and bring to a boil.
- Return chicken to skillet and simmer 4 minutes or until vegetables are tender and chicken is cooked through.
- Stir in Parmesan cheese, lemon juice and oregano.

Skillet Beef and Celery

-Reprinted with permission from *Allrecipes.co*

Ingredients

- 4 tablespoons vegetable oil
- 2 onions, peeled and chopped
- 2 cups thinly sliced celery
- 1 ½ pounds beef chuck, trimmed and cut into thin 1 inch slices
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 2 tablespoons soy sauce
- 1 cup water
- 2 teaspoons cornstarch

Directions

- In a large skillet, heat 2 tablespoons of oil over medium heat. Slowly cook and stir onions and celery until golden brown; remove from heat and set aside.
- In the same skillet, heat the remaining 2 tablespoons of oil. Place beef slices in the skillet and heat until well browned. Stir in salt, pepper, soy sauce and water.
- Cover and simmer for 30 to 40 minutes. Return the onion and celery mixture to the skillet and simmer for another 10 minutes.
- In a small bowl, combine the water and cornstarch. Pour the mixture into skillet. Stirring constantly, heat until thickened.

Food Basket Item	No Frills	Save on Foods	Superstore	Walmart	WECAN
Lean Ground Beef (500g)	\$ 7.00	\$ 7.00	\$ 7.00	\$ 4.93	\$ 5.00
Loin Chops(1.65 Kg)	\$ 17.63	\$ 13.78	\$ 12.66	\$ 16.25	\$ 9.88
Bananas (1 bunch)	\$ 1.70	\$ 1.70	\$ 1.70	\$ 1.23	\$ 1.46
Pears (3)	\$ 3.42	\$ 3.12	\$ 3.45	\$ 1.68	\$ 1.59
Apple (4)	\$ 3.16	\$ 2.64	\$ 3.08	\$ 3.17	\$ 2.20
Celery	\$ 2.47	\$ 2.51	\$ 2.98	\$ 2.47	\$ 1.51
Cauliflower	\$ 4.97	\$ 4.99	\$ 3.98	\$ 3.67	\$ 2.44
Cucumber	\$ 1.27	\$ 1.99	\$ 1.48	\$ 1.47	\$ 1.28
TOTAL	\$ 41.62	\$ 37.73	\$ 36.33	\$ 34.87	\$ 25.36
Chicken Drumsticks (1.35kg)	\$ 10.33	\$ 8.90	\$ 10.35	\$ 9.26	\$8.63