

Upcoming Events:

Deadline for the next food order: Sep 3rd 2021
Order Pick-up: Sep 16th & 17th

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:21-08
AUG 2021

WECAN Food Basket Bulletin

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN News

Food prices

Dear members please be advised that the price increase of WECAN orders will be effective October 2021. The Produce price will now be \$15 and Meat will be \$20. The price is in alignment with WECAN policies. We hope to serve you better.

Depots

Our AB Ave depot on 95th street is renamed to Sprucewood Depot, location is the same.

Bethel Gospel Chapel,
11461 95 St, Edmonton, AB T5G 1L3

We have a new depot that started operating last month. It is called AB Ave depot. Here are its details:

Alberta Ave Depot
Alberta Avenue Community League
9210 118 Ave NW, Edmonton, AB T5G 0N4
Depot days are Thursdays

TGP Warehouse

For those who may be interested, our food partner TGP is moving to a new location. It is moving from yellowhead trail to Nexus Business Park on 142nd street. We do not know the exact dates but the move will happen during this summer.

Vegetable of the month- lemons

At least, that's how the old adage should go. Sure, lemons are sour, bitter, and highly acidic—they don't exactly make for an appealing snack by themselves. But they are also chock-full of vitamins and antioxidants, making them some of the healthiest fruits on the planet.

Don't waste your money on expensive face creams or spa treatments; adding some lemon to your diet could be all you need to achieve a youthful glow. According to a study from The American Journal of Clinical Nutrition, high vitamin C intake was associated with a lower likelihood to develop wrinkles and less skin dryness; two physical traits that can age you big time. High blood pressure can lead to scary stuff like kidney failure, a heart attack or a stroke. Luckily, eating lemons on the regular has been proven to help. People who ate at least half a lemon a day, coupled with walking about 7,000 steps, greatly increased their blood pressure levels, according to a study published in the Journal of Nutrition and Metabolism. Although lemons shouldn't be the sole treatment for something as serious as high blood pressure, it's a promising health benefit!



Cooking with Your WECAN Food Basket

Bohemian Kebab Wraps

-Reprinted with permission from *Allrecipes.com*

Ingredients

- 4 (4 ounce) beef skirt steaks, cut into 1-inch cubes
- 2 large yellow onions, cut into 1-inch pieces
- 2 large green bell peppers, cut into 1-inch pieces
- 2 large red bell peppers, cut into 1-inch pieces
- 1 large yellow bell pepper, cut into 1-inch pieces
- 8 wooden skewers, soaked in water
- 1 teaspoon salt, 1 teaspoon ground black pepper
- 1 teaspoon paprika
- 12 (10 inch) flour tortillas
- 1 cup butter, melted, 1 clove garlic, crushed

Directions

- Skewer steak, onions, green bell peppers, red bell peppers, and yellow bell peppers, leaving 1 inch at the end, until each skewer is full. Season with salt, pepper, and paprika.
- Preheat an outdoor grill for high heat and lightly oil the grate. Grill the skewers until steak is browned on all sides, about 8 minutes. An instant-read thermometer inserted into the center of the steak should read 160 degrees F (70 degrees C).
- Put tortillas on a microwaveable plate and cover with a damp paper towel. Microwave in 30-second intervals until the tortillas are heated through. Slide the meat and vegetables off the skewers into the tortillas and roll up.
- Mix butter and garlic in a small bowl until combined. Portion into individual cups and serve alongside the wraps.
- As an alternative to grilling, bake the kebabs at 375 degrees F (190 degrees C) for 15 to 20 minutes.

Ground Beef and Vegetable Stew

-Reprinted with permission from *Allrecipes.com*

Ingredients

- 1 pound ground beef
- 1 small onion, finely chopped
- 1 clove garlic, finely chopped
- 4 cups water
- 2 tablespoons beef base
- 1 (8 ounce) can tomato sauce
- 1 tablespoon Worcestershire sauce
- 1 teaspoon ground black pepper
- ½ teaspoon celery salt
- ¼ teaspoon ground marjoram
- 5 large carrots, cut into rounds
- 4 medium potatoes, peeled and cubed
- 1 cup green beans, trimmed and cut into 1-inch pieces
- 3 tablespoons all-purpose flour
- 2 tablespoons water, or more as needed

Directions

- Heat a large skillet over medium-high heat. Cook and stir ground beef, onion, and garlic in the hot skillet until beef is browned and crumbly, 5 to 7 minutes. Drain and discard grease. Add 4 cups water and beef base; stir to combine. Add tomato sauce, Worcestershire sauce, pepper, celery salt, and marjoram; bring to a simmer.
- Add carrots and simmer for 35 minutes. Add potatoes and green beans; cook until tender, about 15 minutes.
- Meanwhile, mix flour and 2 tablespoons water together in a small bowl until no longer lumpy, adding more water if necessary. Stir into stew and simmer until thickened, 5 to 10 minutes.

Instant Pot Vegan Cauliflower Soup

Ingredients

- 4 cups vegetable stock
- 1 head cauliflower, roughly chopped
- 2 medium Yukon gold potatoes, peeled and chopped
- 2 carrots, roughly chopped, ½ red onion, roughly chopped
- salt and ground black pepper to taste, ¼ cup extra virgin olive

Directions

- Combine vegetable stock, cauliflower, potatoes, carrots, onion, salt, and pepper in a multi-functional pressure cooker (such as Instant Pot®). Close and lock the lid. Select Soup/Broth setting according to manufacturer's instructions; set timer for 10 minutes. Allow 10 to 15 minutes for pressure to build.
- Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid. Use an immersion blender to carefully puree soup until smooth. Drizzle olive oil once soup is smooth with the blender running. Taste soup and season with more salt and pepper, if needed.

Price Comparison Aug 2021

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