



FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Issue 22-01
January 2022

A Message from the Chair...

It's the New Year! For some people, January is a time to create resolutions for areas of their life that they want to change. Over the years, I've created resolutions promising myself that I would get in better physical shape, take a course, (re)learn how to knit, clean out the back closet, and so many more. I'd make long lists of wishes that would hopefully make myself or my space into someone or something better.

Don't get me wrong. Resolutions really do work for lots of people. They're able to use the new year as a starting point to think about what they want their future to look like and then set the necessary goals in order to achieve them. I'm always impressed with their dedication and commitment and applaud their success when they reach their goals.

For me, I've come to the realization that if I want to make changes in my life, I don't need to wait until January 1st to start them. I can create those goals at any time of the year and then get to work making them happen. I've also started to think a little differently about the kinds of resolutions and goals I'm creating. Will my goal only make my life better or will it help others too?

Does my goal only have to be physical or tangible or can I also do some work on my attitude or mental health? How about stepping outside of my comfort zone to work with a team to achieve a mutual goal?

Now is as good a time as any so I would invite you to think about what you would like to achieve this year. What big or small steps can you take to make a positive change for you and those around you? Even the smallest movement forward can make a big difference, and it feels good too!

At WECAN, we have set goals too. Check them out at: <https://wecanfood.com/vision-mission-principles/> We stand by these goals and revisit them every year to make sure we're continuing to move forward. Why? Because we believe that the work we are doing at WECAN Food Basket Society is helping others move forward too. Now those are goals we can all get behind.

Happy New Year!

Sandra McFadyen, Board Chair



11628 – 142 St NW

February 4th – 6th

Come help us Celebrate the Grand Opening of our WECAN partner for the last 25 years... The Wholesale Market, formerly known as The Grocery People.



There will be daily draws for WECAN prizes!

If you would like to volunteer to meet-and-greet customers, please contact Madi Corry at

madi@wecanfood.com.

How to Prepare Potatoes...

Potatoes are available in grocery stores year-round. The most common potatoes are russets, reds, yellows, whites, and fingerlings. Always scrub and rinse potatoes well before cooking. Be sure to leave the skins on for flavor and fiber.

Here are a few recipes to help you incorporate potatoes into your diet:

Oven-Roasted Potatoes

1. Preheat your oven to 400°F.
2. Dry potatoes and cut into 1-inch wedges or cubes. If using new (very small) potatoes, just cut them in half.
3. Toss with just enough olive oil to coat the potatoes well, a moderate amount of salt, and your favorite herbs or spices. Chili powder, paprika, and a small amount of garlic powder make a good seasoning for oven fries. New potatoes roasted with 1 tsp rosemary and 1/8 tsp pepper per pound make an elegant side dish.
4. Cook in a single layer for about an hour, turning twice, until browned and tender.

Garlic Smashed Red Potatoes

1. Cut each potato into four pieces and place all in a large pot. Cover with water and bring to a boil.
2. Boil until soft but not mushy, usually about 15 minutes. Drain the potatoes and place them back in the pan.
3. For each pound of potatoes, add 1/8 cup olive oil, 1/2 tsp minced garlic, 1/2 tsp of salt, and a dash of pepper. Gently stir to combine. The potatoes should be lumpy, not smooth like mashed potatoes.

Crispy Baked Potatoes

1. Preheat your oven to 450°F.
2. Dry potatoes and poke each about 4 times with a fork.
3. Place potatoes on a foil-lined baking sheet and cook until skins are a little bit wrinkly, about 25 minutes.
4. Brush all over with olive oil and sprinkle with kosher (coarse) salt. Place the potatoes back on the baking sheet with the opposite side up.
5. Bake for 20 more minutes, then put on an oven mitt and squeeze a potato to see if it's soft. If not, continue cooking, testing every 5 minutes.

From: <https://www.webmd.com>

Deadline for the next food order is
FEBRUARY 4th
Order pick-up:
February 17th and 18th

BENEFITS of POTATOES

Potatoes aren't usually thought of as nutritious. However, this all-purpose vegetable has some surprising health and nutrition benefits. Although French fries and potato skins may be heavy in fat and calories, the potato itself is fat and **cholesterol** free as well as low in sodium.

Health Benefits

Potatoes are a good source of **fiber**, which can help you lose weight by keeping you full longer. Fiber can help prevent heart disease by keeping **cholesterol** and **blood sugar** levels in check. Potatoes are also full of antioxidants that work to prevent diseases and vitamins that help your body function properly.

In addition, potatoes can provide the following health benefits:

Digestive Health

The fiber found in potatoes is a special type called "resistant starch," which has the health benefits of both **soluble fiber** and **insoluble fiber** and causes less gas than other types of fiber. Like soluble fiber, the resistant starch in potatoes acts as a **prebiotic** – food for good bacteria in the large intestine that improves gut health. Like insoluble fiber, it can prevent or treat **constipation** and **irritable bowel syndrome**.

Lower Blood Pressure

Baked potato skin is a great source of **potassium** and magnesium. When you don't have enough potassium in your diet, your body retains extra sodium, and too much sodium raises your blood pressure. A potassium rich diet can help decrease **blood pressure**, protecting the heart and reducing the risk of stroke.

Nutrition

One unskinned potato provides over 40% of the recommended daily value of **Vitamin C**, about half the **Vitamin B6** needed for the day, and more **potassium** than a banana. Potatoes are also a good source of **calcium**, **magnesium**, and **folate**.

Potato chips, French fries, tater tots, and hash browns are usually deep-fried in oil which results in four times as many calories and 23 more grams of fat than the potato from which it was made. Roasting, boiling, and baking are healthier options and can make delicious side dishes and mouth-watering snacks.

From: <https://www.webmd.com>

Price Comparison (\$)		Walmart	Sobeys	Superstore	Save-On	No-Frills	WECAN
Bananas	1kg	1.50	1.74	2.00	1.70	2.00	1.51
Pears, Bartlett	5	3.69	5.93	4.94	5.58	3.95	1.53
Apples, Gala	4	2.60	6.29	3.95	4.95	3.95	1.81
Cauliflower	1	3.97	5.99	3.99	4.99	3.88	3.05
Broccoli	1	2.97	1.99	1.97	4.62	3.49	2.67
Lettuce - Green	1	2.97	3.99	2.99	3.49	2.97	1.68
Potatoes - Russet	5 lbs.	4.97	5.99	4.99	5.99	3.99	2.88
Produce Sub-total		22.67	31.92	24.83	31.32	24.23	15.13
Lean Grd Beef	1 kg	14.40	15.41	14.00	14.00	14.00	10.99
Pork Loin Chops	1.3 kg	14.25	11.44	10.30	20.93	13.99	9.06
Chicken Drumsticks	1.3 kg	5.64	8.57	8.02	15.16	8.26	7.76
Lean Grd Beef	1 kg	14.40	15.41	14.00	14.00	14.00	10.99
Meat Sub-total		28.65	26.85	24.30	34.93	27.99	20.05
No-Pork Meat Sub-total		20.04	23.98	22.02	29.16	22.26	18.75
BASKET TOTAL		51.32	58.77	49.13	66.25	52.22	35.18
No-Pork BASKET TOTAL		42.71	55.90	46.85	60.48	46.49	33.88



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