

# FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Issue 22-02  
February 2022

## Board Musings...

First, I'd like to say, "Hi!" Some people will know who I am and even spoken with and/or come to know me by now. It has been my honour to have served on the WECAN Board for many years now. In that time, I've seen how much this organization has grown and flourish, thanks to our amazing volunteers and business partners.

One of our best and most amazing business partners has just celebrated their grand opening in a new location – The Wholesale Market, formerly known as The Grocery People, or TGP. They have partnered with WECAN for the length of our existence and remain our most steadfast and important partner. We really couldn't do what it is we do every month without their help in delivering good, healthy food at warehouse prices.

This has reminded me of the importance of how all of us work together to help one another through the various times of our lives, whether those times are

pleasant or difficult. This has especially been made aware to us in the past two years. I find it encouraging that, even the worst of times, we all can find ways to be there for each other, to "have our backs", so to speak.

Your WECAN Board is committed to providing leadership to ensure that this organization will continue to ensure every family and individual who comes to us has the right to enough food to meet the nutritional needs to live a good and healthy life by giving them the opportunity to purchase nutritious food at an affordable price.

As we state in WECAN's Vision statement: "Together, we can ALL eat!"



Keith Kasha, Communication Committee Chairperson

## Thank You...

On February 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup>, members of the board had the pleasure of manning a WECAN table at the Grand Opening of The Wholesale Warehouse (TGP).

Hundreds of people passed our booth, stopped to chat, and entered our draws. It was a wonderful opportunity for us to introduce the name and concept of WECAN to these individuals.

Thank you to Ron and Paul for this great opportunity.



MARCH is...

# Membership Renewal

Only \$5 for the year & provides access to our terrific basket rates!

WECAN Memberships last from April to the end of March the following year.

## GROUND TURKEY and BROCCOLI PASTA

Yields: 6 servings  
359 calories per serving

### Ingredients

- 1 large onion chopped
- 1 lb ground turkey
- 1 tbsp olive oil extra virgin
- 3 cups any short pasta
- 3 cups veggie or chicken stock low sodium
- 1 tsp salt
- Ground black pepper to taste
- 1 lb broccoli florets
- 3 tomatoes diced
- 1-2 garlic cloves grated
- Red pepper flakes a pinch
- 1/2 cup parsley finely chopped
- 1/2 cup Parmesan cheese grated

### Directions

1. Preheat large Dutch oven or pot on medium heat and swirl oil to coat. Add onion and saute for 3 minutes, stirring occasionally.
2. Add ground turkey and cook for 5 minutes, breaking into pieces and stirring with spatula.
3. Add pasta, stock, salt and pepper; stir and level with spatula.
4. Then cover and cook on low heat for 10-12 minutes, checking after 10 minutes. Brown rice pasta and any gluten free pasta cooks faster than wheat.
5. When pasta is al dente (not too soft, so it doesn't become a mush), turn off heat and add broccoli, tomato, garlic and red pepper flakes. Stir, cover and let stand for 5 minutes.
6. Add parsley and Parmesan cheese and gently stir.
7. Serve hot.

From: <https://ifoodreal.com>

## BAKED CRISPY CHICKEN THIGHS

Yields: 4 servings  
451 calories per serving

### Ingredients

- 1 1/2 lbs bone-in, skin-on chicken thighs
- 2 1/2 tsp. salt
- 1 tsp. freshly cracked black pepper
- 1 tsp. paprika
- 1 egg white beaten until frothy

### Directions

1. Preheat the oven to 450°F.
2. Season the chicken thighs with salt, pepper and paprika.
3. Prepare a rimmed baking sheet by lining it with foil and setting a metal cooling rack on top of the foil. Arrange the chicken thighs, skin side up, on the cooling rack. Brush them with the whipped egg whites.
4. Reduce the oven temperature to 425°F. Bake until the chicken thigh temperature reaches 170°F with an instant-read thermometer, and the skin is crispy, about 30 minutes.

*Note: The egg white is essential to achieving extra-crispy skin!*

From: <https://themodernproper.com>

**Deadline for the next food order is**  
**March 4<sup>th</sup>, 2022**  
**Order pick-up:**  
**March 17<sup>th</sup> and 18<sup>th</sup>**

*When a turkey is using the computer, he might say "Google, Google."*



## Yay, Turkey!

### Health Benefits

Turkey is a great source of **protein**. The body uses protein to build and repair bones, muscles, cartilage, skin, blood, and tissue. Protein is a macronutrient, which means that your body needs a lot of it. Your body can't store protein, so you need to eat it every day.

### Reduced Cancer Risk

Turkey is also an excellent source of selenium. Some studies have shown that a diet rich in the mineral may help to prevent certain kinds of cancer, including: bladder cancer, breast cancer, lung cancer, and stomach cancer.

### Diabetes Management

Turkey is a low **glycemic index** (GI) food. That means it won't cause the blood sugar spike that you'd get from more sugar-rich and carb-rich foods. If you have diabetes, including turkey in your diet can help you to keep your blood sugar under control.

### Heart Health

Low GI foods like turkey can also help increase levels of "good" **HDL cholesterol** in your body. HDL cholesterol travels through the bloodstream and helps to remove "bad" **LDL cholesterol**. LDL cholesterol can damage the walls of your arteries and increase your risk of heart attack and stroke.

### Protection From Cognitive Decline

Turkey and other kinds of poultry are part of the MIND diet. Scientists created the MIND diet to slow the mental decline associated with **Alzheimer's disease** and other causes of dementia. By eating poultry products like turkey at least twice a week as part of the MIND diet, older adults may preserve their memory and thinking skills.

<https://www.webmd.com>

Price Comparison (\$)		Walmart	Sobeys	Superstore	Save-On	No-Frills	WECAN
Bananas	1 kg	1.50	1.74	2.00	1.70	1.74	1.68
Oranges	4.00	4.92	7.47	4.39	3.48	4.60	2.20
Pears	4	3.48	2.09	3.66	4.68	3.12	2.16
Kiwis	4.00	3.08	5.16	3.56	3.96	3.56	2.40
Broccoli	1.00	2.97	4.49	2.99	4.62	2.49	2.70
Leaf Lettuce	1.00	2.47	2.49	2.49	2.99	2.99	1.82
Carrots	2 lbs	1.64	2.99	2.99	2.39	2.49	2.00
<b>Produce Sub-total</b>		<b>20.06</b>	<b>26.43</b>	<b>22.08</b>	<b>23.82</b>	<b>20.99</b>	<b>14.96</b>
Lean Ground Beef	500 g	7.20	6.60	7.00	7.00	7.00	5.25
Ground Turkey	500 g	6.97	9.64	6.66	10.45	7.00	3.79
Chicken Thighs	1.3 kg	9.45	14.30	11.00	13.78	10.28	10.75
<b>Meat Sub-total</b>		<b>23.62</b>	<b>30.54</b>	<b>24.66</b>	<b>31.23</b>	<b>24.28</b>	<b>19.79</b>
<b>BASKET TOTAL</b>		<b>43.68</b>	<b>56.97</b>	<b>46.74</b>	<b>55.05</b>	<b>45.27</b>	<b>34.75</b>



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