



FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Issue 22-03
March 2022

A Message from the Chair...

The weather and nature may not show it but Spring is just around the corner: March 20th. It's hard to think warm thoughts on those chilly daily walks or bus rides. The trees certainly don't seem convinced that the buds will soon be appearing, and it will be weeks before there's any sign of the geese returning. But that doesn't mean we don't look forward to that warmth on our faces while we're waiting for Spring to arrive.

That feeling of expectation of Spring and our anticipation of its arrival is a true example of our hope for the future. Hope offers the

potential for things to come, get better, and comes with the excitement of the arrival of something good. Having hope can help reduce feelings of helplessness and stress and can increase our happiness and quality of life. There is even research (extern.org) that indicates that having hope can help improve your mental and physical wellbeing.

So, as we wait for Spring to arrive, let's take this opportunity to think about hope and what it means for us. Are we working at thinking positively with the belief that we can get through our challenges? Are we

acknowledging and facing our fears so that we can take them on with determination? Are we reaching out for help if we need it and taking action to help others when we can? Because sometimes it helps to look at things a little differently and sometimes, we need to change parts of our lives, even our attitudes. Looking at things more positively and with hope may actually bring a little more happiness and strength to how we face them

I'll take that any day.

Sandra McFadyen

Sandra McFadyen, Board Chair

MARCH is...

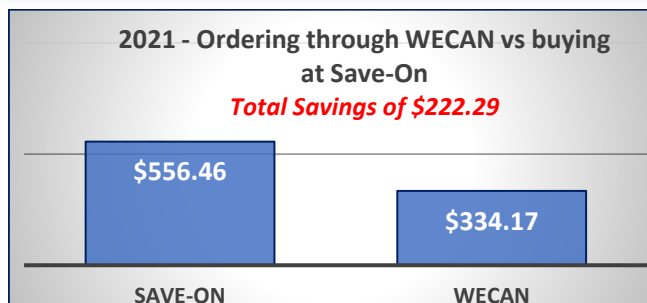
Membership Renewal

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.

WECAN
Food Basket Society

FEBRUARY -MARCH
50/50
CASH AND
UKRAINIAN
PRINTS
RAFFLE



HELLO!

Drum roll please...

The lucky winning ticket number for our WECAN Food Basket Raffle was **#1186**

Congratulations

to Betti S of Tofield who will be taking home \$1000, plus four limited-edition, signed Ukrainian prints donated by the Ukrainian Village.

Spotlight on...

Joshua Topliffe, Program Manager

I like...

when neighbours and workers talk about their needs and desires with one another.

I know...

that when we collaborate on ways to meet our mutual needs directly together, we can significantly improve our lives.

I couldn't do without...

the love and mutual support, shared between my family, friends, co-workers, and neighbours.

In my free time...

I learn as much as I can about the relationships and environments that enable humanity to thrive.

My superpower is...

being cat dad to three furry monsters.



Lá Fhéile Pádraig sona duit...

May your blessings outnumber
The shamrocks that grow,
And may trouble avoid you
Wherever you go.
—An Irish Toast

St Patrick's Day is celebrated annually on March 17th, the traditional religious feast day of St. Patrick and the day he is believed to have died in 460 A.D. The Irish have observed this religious holiday for hundreds of years. But, how did we come to celebrate St. Patrick's Day in the Canada?

FIRST...WHO WAS ST. PATRICK?

St. Patrick is the beloved patron saint of Ireland. The Irish are famous for spinning exaggerated tales, so despite the infamous stories traditionally attributed to St. Patrick, quite little is actually known about his life. We do know that St. Patrick was born in Britain and that at the age of 16 was captured by Irish raiders who attacked his family's estate. He was then transported to Ireland where he was held captive for six years, living a solitary, lonely life as a shepherd. It was then that he became a devout

Christian, embracing his religion for solace. From his writing, we know that a voice, which he believed to be that of God, spoke to him in a dream, urging him to leave Ireland. He did. Walking nearly 200 miles, Patrick escaped to Britain and undertook seriously religious training.

After 15 years of study, Patrick was ordained as a priest and sent to Ireland. His mission was to minister to Christians and to convert the Irish, then pre-dominantly pagans, to Christianity. Because Patrick was familiar with the Irish language and culture from his years of captivity, he chose to incorporate Irish ritual and symbols into his teachings rather than to eradicate Irish beliefs. Thus, was born the Celtic cross. Patrick superimposed the sun, a powerful Irish symbol, onto the traditional Christian cross so that the result would seem more natural to the Irish.

Canada's first St. Patrick's Day parade was held in Montreal in 1824. Ever since, parades and festivals of Irish culture have been held annually on 17th of March in cities across Canada. Typical celebrations include dressing

in green, displaying Irish symbols such as the shamrock, and drinking green beer.

The celebrations have been known to cause controversy. St. Patrick's Day parades were banned in Toronto in 1878, after previous parades sparked violence between Catholics and Protestants. Toronto did not hold a parade again until 1988.

Irish families have traditionally celebrated the feast of St. Patrick as a religious holiday for thousands of years—a great pause during the Christian season of Lent when prohibitions were lifted for one day of dancing, drinking and feasting on meat.

Corned beef and cabbage anyone?

***Lá Fhéile Pádraig sona duit!
Happy St Patrick's Day!***

**From the Staff and Board of
WECAN!**



From: www.hellokids.com

FOUR-FRUIT COMPOTE

16 servings

Ingredients

- 1 can (20 ounces) pineapple chunks
- ½ cup sugar
- 2 tablespoons cornstarch
- 1/3 cup orange juice
- 1 tablespoon lemon juice
- 1 can (11 ounces) mandarin oranges, drained
- 3 to 4 medium apples, chopped
- 2 to 3 medium bananas, sliced

Directions

1. Drain pineapple, reserving 3/4 cup juice. In a large saucepan, combine sugar and cornstarch. Whisk in the orange, lemon, and pineapple juices until smooth. Cook and stir over medium heat until thickened and bubbly; cook and stir 1 minute longer. Remove from the heat; set aside.
2. In a large bowl, combine the fruits. Pour warm sauce over the fruit; stir gently to coat. Cover and refrigerate.

Try these healthy treats for kids!

You can make the easiest, most delicious pancakes by combining one mashed banana with two beaten eggs and cooking the mixture just like you would any other pancake batter. Add some quick oats to the batter for extra fiber and bulk.

If you freeze banana slices, you can use a high-powered blender to blend them with some cocoa powder to make chocolate “nice cream.”

Also, you can combine overripe bananas with unsweetened applesauce, oats, milk, baking powder, and a sweetener like agave nectar or maple syrup to make a batter for simple, baked oatmeal muffins.

ITALIAN-STYLE POTATO AND CUCUMBER SALAD

3 servings

Ingredients

- 5 Potatoes, boiled, peeled, and diced
- 1 Cucumber, sliced and cut into halves
- 1 Onion, sliced
- 2 Tomatoes, diced
- 2 teaspoon Basil leaves, finely chopped
- Parsley leaves
- 1/4 teaspoon Dried oregano
- 15 Black olives, chopped
- Salt, to taste
- Black pepper, as required
- 2 tablespoons Extra Virgin Olive Oil

Directions

1. To begin making the Italian Style Potato And Cucumber Salad recipe, firstly add potatoes, cucumber, onion, tomatoes, basil, parsley, oregano, black olives, salt, black pepper powder and olive oil in a mixing bowl.
2. Mix everything well and serve or cover it and refrigerate until serving.
3. Serve Italian Style Potato and Cucumber Salad with a Broccoli Pesto Pasta for a weeknight dinner.

Recipes from: www.tasteofhome.com and www.archanaskitchen.com

BANANAS

Rich in nutrients

Bananas contain a fair amount of fiber, vitamin C, riboflavin, niacin, copper, potassium, magnesium, and several other antioxidants. One regular-sized banana (126 grams) also boasts. One banana provides about 112 calories and consists almost exclusively of water and carbs.

May improve blood sugar levels

Bananas are rich in soluble fiber. During digestion, soluble fiber dissolves in liquid to form a gel. It's also what gives bananas their sponge-like texture. This means that despite their higher carb content, bananas won't cause major spikes in blood sugar levels in healthy individuals.

May support digestive health

Dietary fiber has been linked to many health benefits, including improved digestion. One medium-sized banana provides about 3 grams of fiber. Resistant starch, the type of fiber found in unripe bananas, is a prebiotic. Prebiotics escape digestion and end up in your large intestine, where they become food for the beneficial bacteria in your gut.

Full of antioxidants

Fruits and vegetables are excellent sources of dietary antioxidants, and bananas are no exception. They contain several types of potent antioxidants, including flavonoids and amines. These antioxidants are linked to many health benefits, such as a reduced risk of heart disease and degenerative illnesses.

May improve insulin sensitivity when unripe

Insulin resistance is a significant risk factor for several chronic diseases, including type 2 diabetes. Several studies reveal that regularly eating resistant starch — for example, by enjoying unripe bananas — may improve insulin sensitivity. This could make your body more responsive to this blood-sugar-regulating hormone.

Easy to add to your diet

Bananas are not only incredibly healthy but also one of the most convenient snack foods around. They make a great addition to yogurt, cereal, and smoothies, and they work a treat as a topping on whole grain toast with peanut butter. You can even use them in place of sugar in your baking and cooking.

From: www.healthline.com

Deadline for the next food order is

April 8th

Order pick-up:

April 21st and 22nd

Price Comparison (\$)		Walmart	Sobeys	Superstore	Save-On	No-Frills	WECAN
Bananas	1kg	2.10	1.90	2.00	1.65	2.00	1.39
Oranges	4	4.68	5.04	4.60	4.40	3.68	2.52
Apples	5	3.95	7.10	4.60	5.25	4.28	2.50
Lemon	1	0.97	1.29	0.99	0.99	0.99	0.52
Broccoli	1	2.97	2.99	3.49	4.62	2.99	1.64
Leaf lettuce	1	2.47	3.49	2.99	3.49	2.99	1.85
Potatoes	5 lbs.	3.47	4.95	3.50	4.95	4.99	3.38
Cucumber	1	1.47	2.18	2.49	2.49	1.99	1.52
Produce Sub-total		22.08	28.94	24.66	27.84	23.91	15.32
Lean Grd Beef	0.5 kg	7.18	7.71	7.00	8.74	7.00	5.25
Pork Loin Chops	2.1 kg	23.02	13.69	14.56	33.81	21.18	14.63
Lean Grd Beef	0.5 kg	14.36	15.41	14.00	17.48	14.00	5.25
Chicken Thighs	1.8 kg	7.18	12.70	18.21	21.78	11.43	14.86
Meat Sub-total		30.20	21.40	21.56	42.55	28.18	19.88
No-Pork Meat Sub-total		21.54	28.11	32.21	39.26	25.43	20.11
BASKET TOTAL		52.28	50.34	46.22	70.39	52.09	35.20
No-Pork BASKET TOTAL		43.62	57.05	56.87	67.10	49.34	35.43



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