

The Wecan Food Basket Society News

April 2011



Food Price Survey

Preliminary results of our Food Price Survey are in. At this point, a majority of people responding have said that they would prefer our price to increase to \$25.00 per month (\$15.00 for meat and \$10.00 for produce). As many of you have noticed, food prices at all major outlets have risen sharply and continue to go up. Everyone, including the Wecan Food Basket Society, continues to struggle with the rising prices.

Thank you to all who have responded to our survey so far. For those who have not indicated a preference, let your depot coordinator know where you stand. Your opinion counts. This issue will be on the agenda of our Annual General Meeting to be held May 27th.

Monthly Recipes

Thank you all for your comments regarding the recipes that we feature in this newsletter. If you have a favourite recipe that you would like to see repeated, or for the first time, please let us know. We look forward to your requests.

Depot News

Annual General Meeting

Wecan Food Basket Society will be holding our Annual General Meeting on Friday, May 27, 2011 at the Edmonton Moravian Church. Pancake breakfast will be served at 9:00 a.m. and the meeting will start at 9:30 a.m. All members are welcome to attend. Please confirm your attendance by calling our office at 780-413-4525.

Business discussions at the AGM will include the issue of our prices. As food prices continue to rise, this needs to be resolved as quickly as possible.

Membership

Annual memberships are due. Membership is only \$5.00 per year for each family (April 1st to March 31st) and is required. Thank you to all who have renewed their membership for the 2011-12 year. For those who have not renewed, please....

Renew your membership now!

Cooked to Perfection

To cook your meat or poultry to perfection, cook it to the following temperatures (as supplied by ATCO Blue Flame Kitchen)

Beef, Lamb, Veal (roasts, steaks)

Rare 140°F (60°C)
Medium 160°F (71°C)
Well done 170°F (77°C)

Pork (roasts, chops)

Medium 160°F (71°C)
Well done 170°F (77°C)

Ground Beef or Poultry

Ground Beef 160°F (71°C)
Ground Poultry 175°F (80°C)

Chicken/Turkey (Whole) 180-185°F (82-85°C) Chicken/Turkey (Pieces) 170-175°F (77-80°C)

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$4.07	\$4.40	\$3.93	\$3.24	\$3.00	\$2.50
500 g Outside Round Steak	\$5.50	\$8.00	\$4.73	\$5.50	\$5.50	\$3.75
500 g Pork Tenderloin	\$9.47	\$8.30	\$8.03	\$5.49	\$5.50	\$4.50
1 kg Bananas	\$1.74	\$1.72	\$1.74	\$1.48	\$1.48	\$1.55
4 Naval Oranges (88's)	\$3.27	\$3.32	\$2.40	\$2.30	\$2.30	\$1.16
5 Golden Delicious Apples	\$3.30	\$4.26	\$3.31	\$2.80	\$3.24	\$1.30
Cello Head Lettuce	\$1.99	\$0.99	\$1.09	\$0.76	\$0.99	\$0.87
Celery Stalks	\$1.79	\$4.09	\$1.29	\$0.97	\$0.97	\$1.38
Broccoli	\$3.51	\$1.99	\$2.05	\$0.97	\$0.97	\$1.28
Total	\$34.65	\$37.07	\$28.57	\$23.51	\$23.95	\$18.29

Some prices may be a sale, or a similar item, and are not the ongoing prices of this item; or it is a bulk price.

"Cooking With Your Wecan Food Basket" Menu

CLASSIC MEATLOAF

- Reprinted from *The Beef Book* © Company's Coming Publishing Limited

Lean ground beef	1 1/2 lbs.	680 g
Quick cooking rolled oats (not instant)	1 cup	250 mL
Finely chopped onion	1/4 cup	60 mL
Finely chopped celery	1/4 cup	60 mL
Finely chopped green pepper	1/4 cup	60 mL
Salt	1 1/2 tsp.	7 mL
Pepper	1/4 tsp.	1 mL
Ground Sage	1/4 tsp.	1 mL
Large eggs, fork-beaten	2	2
Tomato juice	2/3 cup	150 mL

Combine all 10 ingredients in large bowl. Mix well. Firmly pack into ungreased 9 x 5 x 3 inch (22 x 12.5 x 7.5 cm) loaf pan. Bake in 350°F (175°C) oven for 1 1/4 hours. Let stand for 10 minutes before cutting. Cuts into 8 slices.

BROCCOLI CHEESE CASSEROLE

- Reprinted from *Vegetables* © Company's Coming Publishing Limited

Fresh broccoli, cut up	1 1/4 lb	550 g
Salted water		
Condensed cream of mushroom soup	10 oz.	284 mL
Thinly sliced celery	1 cup	250 mL
Chopped pimiento	2 tbsp.	30 mL
Grated medium or old Cheddar cheese	1/2 cup	125 mL
Sour cream	1/2 cup	125 mL
Salt	1/2 tsp.	2 mL
Pepper	1/4 tsp.	1 mL
Butter or margarine	1 tbsp.	15 mL
Dry bread crumbs	1/4 cup	50 mL

Cook broccoli in salted water until tender. Drain. Place in 1 1/2 quart (1.5L) casserole.

ASIAN PORK TENDERLOIN

-Recipe reprinted with permission from www.ATCOblueflamekitchen.com

2 tbsp (25 mL) hoisin sauce
2 tbsp (25 mL) ketchup
2 tbsp (25 mL) soy sauce
1 tsp (5 mL) hot Asian chili sauce
1 1/2 tsp (7 mL) grated fresh ginger
2 cloves garlic, finely chopped
2 pork tenderloins (1 lb/0.5 kg each)

Combine all ingredients except pork. Spread mixture over pork. Place pork in a parchment paper-lined roasting pan. Bake at 400°F (200°C) for 35 - 40 minutes or until a meat thermometer registers 160°F (70°C). Let stand 5 minutes before slicing. Serves 8.

Broccoli Cheese Casserole— Continued

Combine next 7 ingredients and spread over top.

Melt butter in small saucepan. Stir in crumbs. Spread over top. Bake uncovered in 375°F (190°C) oven for about 25 minutes until browned and hot. Serves 6.

Celery Snacks

Ants on a Log: Stuff celery stalks with peanut butter and top with raisins
Cheese 'n' Celery: Stuff celery stalks with cheddar cheese or cheese whiz or cheese slice
Celery 'n' Dip: Dip celery stalks in your favorite chip dip or creamy salad dressing (e.g. Ranch).
Instant Salad: Mix sliced celery with diced apple, a few chopped nuts, a bit of lettuce, and chopped leftover pork tenderloin. Toss well with a little mayonnaise and salt and pepper to taste.

Thank you to the following businesses and organizations for their help and support:



Don't Forget! The deadline for your next Food Order is **May 6**. You can submit your next payment when you pick up your March food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

Your Depot:

Next Fees Deadline: May 6, 2011
Next Pick-up Days: May 19 / 20