

The Wecan Food Basket Society News



December 2011

Volunteer Appreciation 2011

Our annual volunteer appreciation event was held on November 25th at the Edmonton Moravian Church and was enjoyed by all who attended.

A special "Thank You" goes to The Grocery People for supplying the food for the luncheon. We would also like to thank the congregation and staff at the Edmonton Moravian Church for so graciously allowing us to use their facility for our party.

Of course we cannot forget the Wecan office staff who contributed their expertise to cook the lasagne and prepare the salads, and the Board Members who pitched in to help in the kitchen and at the craft tables.

For those who would like to replicate the crafts from our event, the recipes and directions are included in this newsletter.

Long-Service Awards

Long-service awards were presented at the Volunteer Appreciation to those volunteers who had completed 5 and 10 years of service with the Wecan Food Basket Society. Recipients included:

5 Year Awards:

Nettie Tostowaryk	Abbottsfield
Jean Romany	Abbottsfield
Gaik Thuan Ooi	Abbottsfield
Leslie Bishton-Fox	Abbottsfield
Elizabeth McEwan	City Centre
Chris Leclair	City Centre
Audrey Lee	Clareview
Seta Menas	Beverly
Suzanne Rigsby	Milbourne
Wendy Hagan	Inglewood
Virginia Smith	Clareview
Holly Guest	Wetaskiwin
Liz	Wetaskiwin

10 Year Awards:

Barb Argue	Abbottsfield
Rick Dmetruk	Coliseum

Congratulations to you all and thank you for your dedication and service.

CASINO VOLUNTEERS

We still require volunteers to work a shift at our next Casino (February 22 & 23, 2012). To volunteer, please contact the office at 780-413-4525.

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$4.13	\$4.99	\$4.13	\$4.21	\$6.67	\$3.00
800 g Honey Maple Ham	\$13.21	\$9.00	\$12.99	\$10.00	\$10.00	\$9.69
6 Turkey Sausages	\$2.00	\$1.75	\$2.00	\$1.75	\$1.87	\$1.70
1 kg Bananas	\$1.74	\$1.72	\$1.74	\$1.70	\$1.70	\$1.68
Mini Mandarin Oranges	\$2.50	\$2.00	\$2.49	\$2.49	\$1.47	\$1.75
1 kg Granny Smith Apples	\$3.73	\$3.06	\$2.18	\$3.70	\$2.80	\$2.07
1 kg Russet Potatoes	\$2.84	\$2.18	\$1.74	\$1.76	\$1.76	\$0.89
1 bunch Celery	\$1.69	\$1.74	\$0.99	\$1.27	\$1.27	\$1.59
2 lb. bag Carrots	\$1.49	\$2.99	\$1.69	\$1.98	\$1.47	\$0.94
454 g bag Cole Slaw	\$1.99	\$2.49	\$1.99	\$2.48	\$1.47	\$1.19
Total	\$35.32	\$31.92	\$31.94	\$31.34	\$30.42	\$24.50

Some prices may reflect a sale, or a similar item, and are not the ongoing prices of this item.
Some prices may be bulk prices.

“Cooking With Your Wecan Food Basket” Menu

Red Lentil Soup Mix

- Reprinted from *All-Occasion Gifts From Your Kitchen* © Company's Coming Publishing Limited



Dried red split lentils	1 cup	250 mL
Dehydrated mixed vegetables	1/2 cup	125 mL
Vegetable bouillon powder	1 tbsp.	15 mL
Granulated sugar	1 tsp.	5 mL
Lemon pepper	1 tsp.	5 mL
Ground cumin	1/2 tsp.	2 mL
Salt	1/2 tsp.	2 mL
Dried basil	1/4 tsp.	1 mL
Dried Oregano	1/4 tsp.	1 mL

Layer all 9 ingredients, in order given, in disposable piping bag or jar with tight-fitting lid. Makes about 1 2/3 cups (400 mL).

Directions for Red Lentil Soup:

Combine contents of jar and 5 1/2 cups (1.4L) water in large saucepan. Bring to a boil. Reduce heat to medium-low. Simmer, uncovered, for about 45 minutes, stirring occasionally, until lentils and vegetables are soft. Makes about 5 1/2 cups (1.4L).



Bannock in a Bag

Unbleached Flour	1 cup	250 mL
Baking Powder	2 tsp.	10 mL
Powdered Milk	2 tbsp.	30 mL
Salt	1/2 tsp.	2 mL

Mix all ingredients together and place in small plastic sandwich bag. Wrap in burlap bag.

Directions for Bannock:

Place contents of bag in mixing bowl. Cut in 1/4 cup lard until mixture becomes mealy. Stir in 1/4 cup water to form thick dough. Turn dough out on lightly floured surface and knead until dough is smooth. Grease a cast iron fry pan and press dough into pan. Cook uncovered on top of stove for about 10 minutes on both sides.

Hot Chocolate Mix

Skim Milk Powder	2 cups	500 mL
Icing Sugar	3/4 cup	175 mL
Cocoa Powder	1/2 cup	125 mL
Cinnamon	1 tsp.	5 mL

Miniature Marshmallows

Put the mix in a handsome mug, jar, or tin and tie on a bundle of marshmallows with a festive ribbon. (This amount makes 3 1/4 cup of mix, so can be divided between 3 mugs).

Directions for Hot Chocolate:

Stir 1/4 cup of mix into one cup of very hot milk



Cabbage Veggie Soup

- Reprinted from *Cooking for Two* © Company's Coming Publishing Limited

Medium potatoes, diced	1	1
Medium carrot, sliced	1	1
Chopped onion	1/2 cup	125 mL
Coarsely grated cabbage lightly packed	1 cup	250 mL
Water	3 cups	750 mL
Chicken bouillon powder	1 tbsp.	15 mL
Salt, sprinkle		
Pepper, sprinkle		

Combine all 8 ingredients in saucepan. Cook, covered, for 15 to 20 minutes until vegetables are tender. Makes 3 2/3 cups (900 mL)

Seafood Choices

For those who are concerned about sustainable seafood choices and healthy oceans, visit www.seachoice.org. This website features news about seafood, where it comes from, and the best choices for our plates.

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

THE GROCERY PEOPLE
WAREHOUSE MARKET

THE CITY OF
Edmonton



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

Your Depot:

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