

# The Wecan Food Basket Society News

January 2011



## People We Want—Volunteers

Without the support of the community, the Wecan Food Basket Society would not be able to achieve its goals.

Volunteers are the heart and soul of any community based organization and the Wecan Food Basket Society's volunteers are no exception. Each depot needs a group of dedicated volunteers to sort the bulk groceries into orders.

We also have the strong support of numerous community agencies who believe in the value of the food basket program for their clients.

**Members**, many of our depots need your help. Please ask your coordinator how **you** can contribute to the smooth running of your depot.

## Wecan Postcards

We are pleased to include, with this month's food order, our 2011 Postcards. The postcard is unchanged except for the Food Schedule which has been updated to show the 2011 dates. We have sent 20 postcards to each depot for your use..

## Depot News

We are happy with the strength of our order numbers for January, a traditionally slow time of year. We hope that our numbers will increase as we move towards spring.

We are planning to open a new depot in Calder in March. Theresa Krall, the Program Manager for the Calder Community League, will be the coordinator for this depot. We expect that Chalmers United Church, a previous depot, will support this new depot. This depot will be a Friday pick-up. More news to come once the depot is open.

Increasing food prices challenge us to keep the order nutritious, interesting, and within budget. We anticipate further discussion of this issue and our options.

Our newsletter is now available on our website at [www.wecanfood.com](http://www.wecanfood.com).

Reminder: Our membership drive begins in March. Member dues are \$5.00 per year (April 1 to March 31).

## Did You Know...?

- In 1997 Shelly U. was the Director of the Wecan Food Coop, we had 18 depots, membership was \$5 (unchanged to today), and a food order was \$15.00?
- In 1997, Wecan provided fresh fruits, fresh vegetables, a starch (like pasta or potatoes) and a variety of meats (2—3 items)?
- In 1997 some depots had a "barter table" where members could trade foods with other members?

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$3.65	\$4.40	\$3.28	\$2.81	\$3.25	\$2.50
1 kg Outside Round Beef Roast	\$9.89	\$11.68	\$10.11	\$7.68	\$9.24	\$6.59
500 g Chicken Thighs	\$3.85	\$2.75	\$4.00	\$5.24	\$2.64	\$2.75
1 kg Bananas	\$1.74	\$1.50	\$1.52	\$1.48	\$1.48	\$1.40
1 Honeydew Melon	\$5.92	\$4.47	\$4.99	\$3.47	N/A	\$1.84
4 Kiwi Fruit	\$2.36	\$2.00	\$1.96	\$1.32	\$1.32	\$1.00
1 head Cauliflower	\$3.04	\$2.49	\$2.99	\$1.47	\$2.99	\$1.61
2 lb. Carrots	\$1.79	\$1.56	\$1.49	\$2.45	\$1.97	\$0.79
1 bag (255 g) Spinach	\$3.49	\$2.49	\$3.29	\$2.38	\$2.97	\$1.36
<b>Total</b>	<b>\$35.73</b>	<b>\$33.34</b>	<b>\$33.63</b>	<b>\$28.30</b>	<b>\$25.86</b>	<b>\$19.84</b>

**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

## Salisbury Steak

- Reprinted from *Ground Beef Recipes* © Company's Coming Publishing Limited

Fine dry bread crumbs	1/4 cup	60 mL
Finely chopped onion	1/4 cup	60 mL
Water	1/4 cup	60 mL
Celery salt	1/2 tsp	2 mL
Pepper	1/4 tsp	1 mL
Garlic powder	1/4 tsp	1 mL
Dry mustard	1/4 tsp	1 mL
Lean ground beef	1 lb	454 g
Cooking oil	2 tsp	10 mL
<b>MUSHROOM SAUCE</b>		
Prepared beef broth	1/4 cup	60 mL
All-purpose flour	2 tbsp	30 mL
Prepared beef broth	1 cup.	250 mL
Can of sliced mushrooms drained	10 oz	284 mL
Worcestershire sauce	1/2 tsp	2 mL
Dried thyme	1/4 tsp	1 mL

Combine first 7 ingredients in medium bowl.

Add ground beef. Mix well. Divide into 4 equal portions. Shape into 3/4 inch (2 cm) thick oval patties.

Heat cooking oil in large frying pan on medium. Add patties. Cook for about 5 minutes per side until fully cooked, and internal temperature of beef reaches 160°F (71°C). Remove to large serving platter. Cover to keep warm. Discard drippings, reserving any brown bits in pan.

**Mushroom Sauce:** Blend first amount of broth with flour in small cup. Set aside.

Slowly pour second amount of broth into same pan on medium, stirring constantly and scraping any brown bits from bottom of pan.

Add remaining 3 ingredients. Stir. Stir flour mixture. Slowly add to mushroom mixture, stirring constantly. Heat and stir for about 5 minutes until boiling and thickened. Makes about 1 1/2 cups (375 mL) sauce. Spoon over patties.

- Serves 4

## Cauliflower and Potato Mash

- Reprinted with permission from *A Holiday Collection 2005* by the ATCO Blue Flame Kitchen

4 cups (1 L) cauliflower florets
2 cups (500 mL) cubed peeled russet potatoes
1 clove garlic, peeled
1/4 cup (50 mL) hot milk
1 tbsp. (15 mL) butter
1/2 tsp (2 mL) salt
1/8 tsp (0.5 mL) freshly ground pepper
1/8 tsp (0.5 mL) nutmeg

Cook cauliflower and potatoes in boiling salted water until tender, about 15 minutes; drain. Place cauliflower, potatoes, garlic, hot milk, butter, salt, pepper and nutmeg in a food processor. Process, using an on/off motion, just until mixture is smooth. Do not over process. May be prepared in advance and left to stand for up to 1 hour. Reheat, covered in a microwave-safe container in a microwave oven on medium just until heated through.

Serves 4–6

## Carrots

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

Carrots, sliced or cut		
in sticks	2 lbs	900 g
Salted Water		
Granulated sugar	1/2 tsp	2 mL
Salt, sprinkle		
Pepper, sprinkle		

Cook carrots in salted water with sugar until tender. Drain.

Add butter, salt and pepper. Toss well.

Serves 8.

Hot Dilled Carrots: Add 1/2 tsp (2 mL) dill weed before tossing.

Carrots with Green Onions: Cook 1 bunch green onions, sliced, with carrots. Good flavour.

Carrots in Sauce: Pour Cream Sauce over cooked carrots or warm leftover carrots in sauce.

Mashed Carrots: Mash cooked carrots. Add butter, salt, pepper, and a bit of cream. Mash well.

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



**Don't Forget!** The deadline for your next Food Order is **February 4**. You can submit your next payment when you pick up your January food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

**Your Depot:**

**Next Fees Deadline: Feb. 4, 2011**  
**Next Pick-up Days: Feb. 17 / 18**