

The Wecan Food Basket Society News

JULY 2011



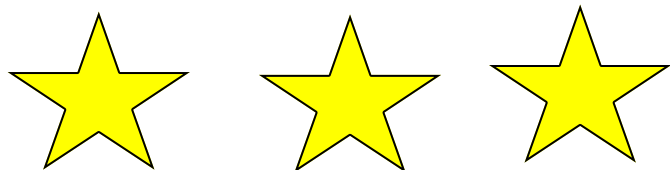
REMINDER

New Fee Schedule!!

Effective August 1, 2011

Meat: \$15.00
Produce: \$10.00

Full Order: \$25.00



Personality Of The Month

Lynn Mulvaney

Lynn Mulvaney, Coordinator of our Parkland Depot, has been with us from the beginning. She has been a big booster of Wecan and our belief in food security for all.

Lynn once promoted Wecan at meetings by bringing along a pizza box and asking which would feed a family longer and with better nutrition, a \$20 pizza or a \$20 food basket. We have yet to think of a better comparison. Lynn is also featured in our 2011 Calendar with her fabulous recipe for 3-Minute Chocolate Mug Cake.

Unfortunately, Parkland Depot is closing at the end of July. We will miss Lynn's cheery face at TGP for the Friday morning pick up, and her members will miss her even more.

We wish Lynn well in the future and hope she keeps in touch.

Recipe Source:

We have a new source for recipes for our newsletter. Robert Rose Inc., who publishes the "Best of Bridge" cookbooks, has kindly given us permission to use some of their recipes in our newsletter—this month it's "Beef-on-a-Stick".

"Best of Bridge" has been a staple on the shelves of many homes for many years. All their recipes are terrific. Thank you Robert Rose Inc. for permission to share this recipe in our newsletter.

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$3.68	\$5.00	\$3.80	\$3.25	\$3.75	\$3.00
1 kg Chicken Drumsticks	\$7.47	\$5.56	\$5.93	\$4.37	\$5.93	\$5.29
500 g Boneless Blade Steak	\$3.56	\$3.50	\$3.56	\$4.74	\$3.00	\$3.25
1 kg Bananas	\$1.74	\$1.72	\$1.74	\$1.70	\$1.70	\$1.50
3 Kiwi	\$1.50	\$1.77	\$1.77	\$0.99	\$0.99	\$0.78
1 lb. Strawberries	\$2.99	\$2.99	\$1.99	\$1.59	\$1.97	\$1.77
1 bunch Broccoli	\$1.88	\$1.88	\$1.99	\$1.97	\$1.47	\$1.19
1 Long English Cucumber	\$0.99	\$1.50	\$1.59	\$1.47	\$0.97	\$1.00
2 lb. bag Carrots	\$2.29	\$2.66	\$2.29	\$1.98	\$1.97	\$1.29
Total	\$26.10	\$26.58	\$24.66	\$22.06	\$21.75	\$19.07

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

Beef-on-a-Stick

- Excerpted from *The Complete Best of Bridge Cookbooks Volume 2 (Winners)* © 2010 Robert Rose Inc. www.robertrose.ca Reprinted with permission.

Round or Sirloin Steak	2-3 lb.	1-1.5 kg
Oil	1/2 cup	125 mL
Soy Sauce	1/2 cup	125 mL
White Vinegar	1/2 cup	125 mL
White sugar	1/2 cup	125 mL

Slice steak into 1/4" (1 cm) strips. It is easier to do this while still slightly frozen. Thread meat on wooden skewers. Marinate in oil, soy sauce and sugar mixture for 2 to 3 hours. Turn meat to coat well during this time. Barbeque or broil for about 5 minutes. Serves 6 to 8.

Simple Chicken Bake

- Reprinted from *Chicken Etc.* © Company's Coming Publishing Limited

Lon grain rice, uncooked	1 cup	250 mL
Chicken parts, skin removed	3 lbs.	1.36 kg
Condensed cream of mushroom soup	10 oz.	284 mL
Water	1 2/3 cups	400 mL
Envelope dry onion soup mix	1 x 1 1/2 oz	1 x 42 mL
Paprika	2 tsp.	30 mL

Put rice into 3 quart (3L) casserole. Lay chicken parts over top.

In medium bowl stir remaining 4 ingredients until mixed. Pour over chicken. Cover. Bake in 325°F (160°C) oven for 1 1/2 to 2 hours until rice and chicken are cooked. Serves 4 to 6.



Vegetable Marinade

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

This serves not only as a salad, but as an appetizer as well. Quantities are approximate and can be varied as can the vegetables.

Small cauliflower	1	1
Broccoli, flower ends	3 cups	750 mL
Cherry tomatoes	2 cups.	500 mL
Celery, cut in sticks	2 cups	500 mL
Carrots, cut in sticks	3	3
Mushrooms, fresh or canned	2 cups	500 mL
Green pepper cut in strips or rings	1	1
Italian dressing	1 cup	250 mL

Divide cauliflower into bite size pieces. Do the same with broccoli leaving some stem. Add tomatoes whole. Cut celery and carrots in stick. Add mushrooms. Cut green pepper in strips or rings. Put into container with tight fitting cover. Pour Italian dressing over all. Put cover on. Shake to distribute dressing. Chill overnight turning container occasionally. Drain. Serve.

Italian Dressing

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

Salad Oil	1 cup	225 mL
Lemon juice	1/4 cup	50 mL
Vinegar	1/4 cup	50 mL
Sugar	2 tsp.	10 mL
Salt	1 tsp.	5 mL
Dry mustard	1/2 tsp.	2 mL
Onion salt	1/2 tsp.	2 mL
Paprika	1/2 tsp.	2 mL
Oregano	1/2 tsp.	2 mL
Garlic salt (or 1 clove crushed)	1/2 tsp.	2 mL
Thyme	1/8 tsp.	1/2 mL

Measure all ingredients into jar. Cover. Shake well. Chill two hours before using.

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

THE GROCERY PEOPLE
WAREHOUSE MARKET

THE CITY OF
Edmonton

save on foods
& more

AGLC
Alberta Gaming and
Liquor Commission

Alberta
Freedom To Create. Spirit To Achieve.



Company's Coming

Robert ROSE

ATCO
BLUE FLAME
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Don't Forget! The deadline for your next Food Order is **August 5**. You can submit your next payment when you pick up your July food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

Your Depot:

Next Fees Deadline: August 5, 2011
Next Pick-up Days: August 18 / 19