

# The Wecan Food Basket Society News

OCTOBER 2011



## IN THE OFFICE

We have a new face in the Wecan office, Carla Meyer. Carla has a wonderful "foodie" background and is also the coordinator for Wecan's Alberta Avenue Depot. Carla is currently working hard to get to know all of our coordinators and depots in her role as Assistant Program Manager. She is available to assist all our depots grow and prosper and welcomes all requests for assistance with promotion and the smooth operation of our programs at the depot level.

We welcome Carla to the Wecan family and look forward using her talents and skills in our organization.

The "Big Boss" in our organization is, of course, our Program Manager—Christine McVea. Christine moved from the Board of Directors to take this position in June of 2010.

Christine's background in social work has given her the necessary tools to keep Wecan organized and running efficiently. Since joining our staff, Christine has overseen the opening of new depots and, unfortunately, the closure of a couple of depots. She is currently looking for opportunities to open more new depots.

Together, Christine and Carla work as a team to enable Wecan to provide a much needed service to our members. They are also ready and willing to share their knowledge and expertise and to promote the Wecan Food Basket program to potential members, depot coordinators and other interested people in our community. They can be contacted by calling the Wecan main office at 780-413-4525.



## CASINO - MAKE THE COMMITMENT!

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	\$4.02	\$3.40	\$4.02	\$5.99	\$4.00	\$2.75
1 kg Chicken Legs / Backs	\$8.80	\$7.69	\$5.49	\$6.99	\$5.00	\$3.99
1 kg Boneless Pork Chops	\$13.43	\$13.21	\$13.32	\$12.10	\$7.83	\$6.99
1 kg Bananas	\$1.74	\$1.72	\$1.74	\$1.70	\$1.70	\$1.56
1 kg Royal Gala Apples	\$2.75	\$2.18	\$1.52	\$2.80	\$1.70	\$1.68
1 kg Naval Oranges	\$3.29	\$2.84	\$2.18	\$1.52	\$2.80	\$1.56
1 kg Russet Potatoes	\$2.84	\$0.86	\$1.96	\$1.50	\$1.70	\$0.92
1 bunch Broccoli	\$1.49	\$1.39	\$1.69	\$1.98	\$1.47	\$1.09
2 lb. Carrots	\$1.98	\$2.60	\$1.59	\$1.98	\$1.47	\$0.99
1 kg Med. Yellow Onions	\$2.18	\$2.18	\$1.74	\$1.70	\$1.04	\$0.74
<b>Total</b>	<b>\$42.52</b>	<b>\$38.07</b>	<b>\$35.25</b>	<b>\$38.28</b>	<b>\$28.71</b>	<b>\$22.27</b>

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

## Pork Chop Spanish Rice

- Paige Nelson”

4 or 5 pork chops  
 2 tablespoons shortening (or cooking oil)  
 1 teaspoon salt  
 1/2 teaspoon chilli powder  
 Dash of pepper  
 3/4 cup uncooked long-grain rice  
 1/2 cup chopped onion  
 1/4 cup chopped green pepper  
 1 large can tomatoes (3 1/2 cups)

Trim excess fat from chops. Slowly brown chops in melted shortening about 15 to 20 minutes. Drain off excess fat.

Combine salt, chilli powder and pepper; sprinkle over meat. Add rice, onion and chopped green pepper. Pour tomatoes over. Cover and cook over low heat 35 minutes, stirring occasionally.

Serves 5

## Browned Onion With Potatoes

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

Peeled potatoes, (about 4 medium), cut up	2 lbs.	900 g
Water		
Medium onions, cut into thin slices	2	2
Margarine (or butter)	1 tbsp.	15 mL
Hot milk	1/3 cup	75 mL
Margarine (or butter)	1 tbsp.	15 mL
Salt	1/2 tsp.	2 mL
Pepper	1/8 tsp.	0.5 mL

Cook potato in water in large saucepan until tender. Drain. Mash.

Sauté onion in first amount of margarine in frying pan until medium to dark brown.

Add remaining 4 ingredients to potato. Mash well. Stir in onion. Makes 4 cups (1 L).

## One Pot Spaghetti

- Reprinted with permission from *Everyday Delicious* by the ATCO Blue Flame Kitchen

1 tbsp. (15 mL) oil  
 1 lb. (0.5 kg) lean ground beef  
 1 cup (2250 mL) chopped onion  
 2 cloves garlic, crushed  
 4 cups (1 L) chicken broth  
 1 can (5 1/2 oz/156 mL) tomato paste  
 1/2 tsp (2 mL) oregano, crumbled  
 1/2 tsp (2 mL) salt  
 1/4 tsp (1 mL) red pepper flakes  
 1/4 tsp (1 mL) freshly ground pepper  
 2 cups (500 mL) broken spaghetti  
 Freshly grated Parmesan cheese

Heat oil in a Dutch oven over medium heat. Add beef, onion and garlic. Cook, stirring to break up beef, until browned. Drain off excess fat.

Stir in next 6 ingredients (broth through pepper). Bring to a boil. Add spaghetti. Reduce heat and simmer, stirring frequently, until spaghetti is tender, about 12–15 minutes. Serve with Parmesan cheese.

Serves 4–6

## Simple Corn Flake Chicken

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

Chicken, cut up, or Chicken parts	3 lbs	1.36 kg
Butter or hard margarine	1/4 cup	60 mL
Salt	1/2 tsp.	2 mL
Pepper	1/8 tsp.	0.5 mL
Coarsely crushed corn flakes	1 cup	250 mL

Remove skin or leave on. Pat dry with paper towels.

Melt butter in small saucepan. Mix in Salt and pepper.

Brush chicken with butter mixture. Coat with corn flake crumbs. Arrange skin side up on greased baking sheet with sides. Bake in 375°F (190°C) oven for 1 to 1 1/4 hours until tender. Drizzle with remaining melted butter half way through baking.

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

THE GROCERY PEOPLE  
**WAREHOUSE MARKET**

Edmonton



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

**Your Depot:**

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