

The Wecan Food Basket Society News



SEPTEMBER 2011



CASINO



We have received the confirmed dates for our next Casino—February 22 & 23, 2012. This fund raising event will be held at the Century Casino on Fort Road.

We will need volunteers to work in the count room, to act as cashiers and as chip runners. Both daytime and evening shifts are available. If you can help us, please contact the office at 780-413-4525.



Office Staff

This is a good time to introduce you all to the office administrative staff at Wecan Food Basket Society.

Paige Nelson has been with us for the past 2 years on a part-time basis after her retirement from ColasCanada Inc. Until recently she was responsible for all aspects of the Wecan office administration from accounting to the newsletter.

In July, Paige was joined by Merlyn McKay-Barbeau who comes to us on a part-time basis following her career at Norquest College. Merlyn has taken over the accounting functions and helps with the telephones and other office duties.

We welcome Merlyn to our group and especially enjoy the knowledge and skills she brings to our organization.

Milk is Good For You

- Drink 2 cups (500 mL) of skim, 1% or 2% milk every day for adequate vitamin D. (Drink fortified soy beverage if you do not drink milk.)
- Try chocolate milk! Most is made with 1% milk so it's a great lower fat treat.

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$4.13	\$3.29	\$3.25	\$3.34	\$4.00	\$2.75
1 kg Chicken Thighs	\$8.80	\$9.68	\$7.37	\$5.98	\$5.00	\$6.09
800 g Outside Round Roast	\$9.68	\$6.15	\$9.08	\$7.90	\$8.42	\$5.20
1 kg Bananas	\$1.74	\$1.72	\$1.74	\$1.70	\$1.70	\$1.48
1 Cantaloupe	\$2.94	\$2.61	\$1.79	\$2.98	\$1.47	\$1.48
1 kg Bartlett Pears	\$3.73	\$3.28	\$3.28	\$2.80	\$2.80	\$1.89
1 Bunch Broccoli	\$1.65	\$1.09	\$0.99	\$1.48	\$0.97	\$1.09
1 kg Green Peppers	\$3.95	\$4.39	\$3.28	\$4.37	\$2.18	\$1.53
1 kg Russet Potatoes	\$2.84	\$2.18	\$1.96	\$1.50	\$1.70	\$0.92
2 lb. Carrots	\$1.49	\$2.99	\$1.99	\$1.48	\$1.47	\$1.02
1 Field Cucumber	\$1.49	\$1.50	\$0.99	\$0.98	\$0.60	\$0.63
Total	\$42.44	\$38.88	\$35.66	\$34.51	\$30.27	\$24.08

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

Grandma`s Beef Stew

- Recipe courtesy of Save-On Foods “Healthy Recipes”

Western Family all-purpose

Flour	1/4 cup	60 mL
Salt	1/2 tsp	3 mL
Pepper	1/2 tsp	3 mL
Stewing beef, cubed	1 1/2lb	750 gm
Western Family canola oil	2 tbsp	30 mL
Sliced onion	1 cup	250 mL
Medium Onions, sliced	2	2
Garlic Clove, minced	1	1
Western Family beef broth		
284 mL/10 oz can	1	1
Worcestershire sauce	1 tbsp.	15 mL
Thyme	1/2 tsp.	3 mL
Bay Leaves	2	2
Tomato Juice	2 cups	500 mL
Water	2 cups	500 mL
Carrots, peeled and sliced	4	4
Turnip, peeled and sliced	1	1
Celery stalks, cut into 1” pcs	3	3
Potatoes, peeled and diced	6	6

Flour and water for thickening.*

In a plastic bag, combine flour, salt and pepper. Drop beef into bag and shake to dredge cubes.

In a large heavy skillet, heat oil over medium heat. Add meat, onions, and garlic and brown. Add all other ingredients except the vegetables. Reduce heat and simmer, covered, for 1 to 2 hours or until beef is tender.

Add raw vegetables. Continue to simmer for about 1 hour until vegetables are tender. Remove bay leaves. Thicken with flour and water. (*Shake about 2 tbsp. flour in a container with about 1/3 cup water. Add to stew as needed to thicken.)

Makes 6 Servings.

Editors Note: The outside round roast can be cubed for use in this stew.

Beef and Broccoli Skillet Supper

- 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 clove garlic, crushed
3 cups (750 mL) broccoli florets
2 cups (500 mL) sliced fresh mushrooms
1 pkg. (100 g) Asian noodle soup mix
1 cup ((250 mL) water
2 tsp. (10 mL) grated fresh ginger
1 tsp. (5 mL) sesame oil
1/2 cup (125 mL) sliced green onions

Heat 1 tbsp. (15 mL) oil in a large frypan over medium heat. Add beef and garlic. Cook, stirring to break up beef, until browned, about 7–10 minutes. Drain off excess fat. Add broccoli and mushrooms; stir-fry for 2 minutes. Crumble noodles from soup mix and set aside. Add water, ginger, sesame oil and contents of seasoning packet from soup mix to frypan. Bring to a boil. Reduce heat; cover and simmer for 3 minutes. Stir in noodles. Cover and simmer, stirring occasionally, for 5 minutes or until noodles are tender. Sprinkle with green onions.

Cook’s note— The ATCO Blue Flame Kitchen used Sapporo Ichiban Original soup mix in this recipe.

Special Legs

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

Chicken drumsticks, or thighs, or both, skin removed	8	8
Envelope dry onion soup mix	1	1
Brown sugar, packed	1/2 cup	125 mL
White vinegar	1/4 cup	60 mL

Arrange chicken in single layer in casserole or small roaster.

Combine soup mix, sugar and vinegar in small bowl. Spoon over chicken. Cover. Bake in 350°F (175°C) oven for 1 hour until tender. Serve with pan juices poured over top. Serves 4.

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 **October 7**. 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: Oct. 7, 2011
Next Pick-up Days: Oct. 20 / 21