

**NEW DEPOT SITE:**

**Families First Society/  
Parent Link Centre**

Drop off payment and Food  
Pickup at:

**Families First/Parent Link Center**  
10302A-99 Ave  
Fort Saskatchewan, AB  
780-998-5595 ext 221  
www.familiesfirstsociety.ca

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For more information about the

**WECAN Food Basket Society,**  
contact:  
info@wecanfood.com

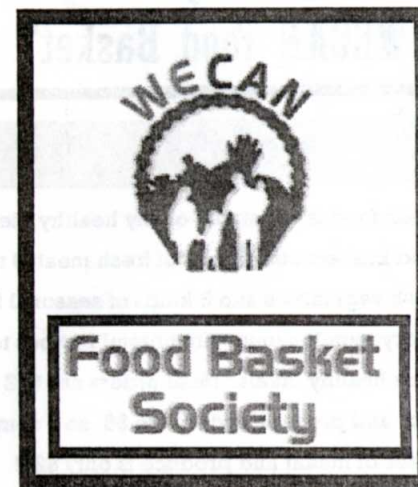
**WECAN**

The WECAN Food Basket Society is a not-for-profit organization that believes every individual has a right to quality, fresh and nutritious food.

Every month, WECAN Food Basket Society members enjoy three cuts of fresh or frozen meat, three kinds of fresh fruit and three varieties of fresh vegetables for \$20— a significant discount from the major grocery stores.

A typical WECAN food basket on average saves members 25% compared to five popular grocery chains! With the high costs of fresh food in Canada, that amounts to big savings!

**FORT SASKATCHEWAN  
FAMILIES FIRST SOCIETY/  
PARENT LINK CENTRE**



***NEW DEPOT!!***



**780-998-5595 ext 221**

**parentLINKcentre** Government of Alberta ■



## What do I get in a WECAN Food Basket?

Fresh food is the staple of any healthy diet. Our food baskets offer 3 cuts of fresh meat, 3 types of fresh vegetables and 3 kinds of seasonal fruit every month, along with helpful recipes to prepare healthy meals. Meat orders are \$12 dollars, and produce orders are \$8, so a complete order of meat and produce is only \$20!

## How are these prices possible?

The WECAN Food Basket Society operates as a "warehouse without walls" - we buy all of our food in bulk and distribute it at depots throughout Edmonton and area. With the help of community organizations and volunteers, WECAN is able to host depots at low costs!

**NEW DEPOT!!!**

**WECAN is coming to Fort Saskatchewan!**

## What do I get in a WECAN Food Basket?

Typical Food Basket		
Meats	Fruits	Vegetables
0.5 kg ground beef	1 kg apples	2lbs carrots
750g roast	1kg bananas	1 bunch
750g chicken thighs	1kg oranges	1kg potatoes

- Simply pay a \$5.00 fee to be able to buy fresh food through the Society
- Chance to volunteer and meet other people
- Become connected to other low cost resources in your community
- With the WECAN Food Basket Society you can save at least 25% compared to super market prices!

## How do I sign up as a member and/or volunteer?

Once a month, volunteer drivers pick up the food from our supplier, The Grocery People. Volunteers count, sort, and pack the baskets for members to pick up.

For more information, contact Patti or Lianne at Parent Link at 780-998-5595 ext 221

## When are my fees due and when do I get my food?

Orders and payments are due on the first Friday of every month. Food pick up is the third Thursday of every month, (**between 4-6pm**). Membership renewals are every March.

### 2010-2011 Food Basket Schedule

<u>MONTH</u>	<u>FEES DUE</u>	<u>PICK UP</u>
September	Sept 3	Sept 16
October	Oct 1	Oct 21
November	Nov 5	Nov 18
December	Dec 3	Dec 16
January	**Dec 16	Jan 20
February	Feb 4	Feb 17
March	March 4	March 17
April	Apr 1	April 21
May	May 6	May 19
June	June 3	June 16
July	July 1	July 21
August	Aug 5	Aug 18



Members must pick up their orders before closing time. Orders not picked up may be sold or donated.