

Love Your LEFTOVERS



Planning and using leftovers wisely can help you save time and money and prevent food waste! Use these 4 tips for giving your leftovers a makeover:

1

Use "planned-overs". When you are preparing a meal, think about what the extras could be used for later in the week. Chop extra fruits/vegetables or cook more meat/rice than you need so you can quickly put together a meal another night.

2

Be smart about storage. Use clear glass storage containers so you can easily microwave leftovers and see what you have. Freeze food in plastic zip-top bags and label with the contents and date. Use most refrigerated leftovers within 1-2 weeks and most frozen leftovers within 6 months. Throw away any food that does not look or smell right.

3

Plan a "Clean Out the Fridge" night. Dedicate one night a week to using up the ingredients and leftovers you have on hand. This helps keep prep work to a minimum and saves money by preventing food waste!

4

Get creative! Toss leftover meat or vegetables into soups, salads, pizza, and casseroles. Use extra rice for burritos or fried rice. Combine stale bread, eggs, cheese, and vegetables to make a frittata. Don't be afraid to try new recipes or create your own unique dish!