



MAKE THE MOST OF LEFTOVERS



Reduce waste. Save time. Save money. Eat well.



The goal: Turn what you already have into delicious, new meals.
A little creativity goes a long way!

TURN LEFTOVERS INTO NEW MEALS



ROASTED CHICKEN



- Chicken salad
- Quesadillas
- Soup
- Stir-fry



COOKED BEANS



- Bean soup
- Tacos
- Salad topper
- Bean dip



ROASTED VEGGIES



- Grain bowl
- Pasta
- Frittata
- Wrap



COOKED RICE



- Fried rice
- Stuffed peppers
- Soup
- Rice patties

USE THE SAME INGREDIENTS IN NEW WAYS

Switch the main ingredient or change the preparation.
Different meal, same ingredients!



CHICKPEAS

Salad today...



CHICKPEAS

Curry tomorrow!



CHICKPEAS

Patties on day 3!



CHICKPEAS

Hummus to enjoy all week!



EASY IDEAS

- ✓ Change the sauce or seasoning for a new flavor.
- ✓ Add a whole grain and vegetables to make it a complete meal.
- ✓ Use in wraps, bowls, salads, soups, or casseroles.



STORE IT RIGHT



Refrigerate leftovers within 2 hours.



Use shallow containers and seal tightly.



Eat within 3–4 days or freeze for later.



Freeze individual portions for quick, easy meals on busy days.



REHEAT SAFELY



Reheat to **165°F** until hot and steaming.



When in doubt, throw it out.



When food is stored and reheated safely, it's good for your health and your wallet.



PLAN AHEAD



Cook with leftovers in mind. Make extra grains, beans, or roasted veggies.



Build meals around what you already have.



A little planning = less waste and more time for you!

