

Love Leftovers



RE-FRESH YOUR PALATE AND PLATE

EAT WELL, SAVE MONEY, WASTE LESS



Embrace the Encore

Some foods are perfect for enjoying as leftovers, but what about dishes that need a little extra help?

Whether it's homemade or from a restaurant, bring leftover prepared food back to life!

LEFTOVERS MAKE LESS WORK



BETWEEN MEALS

- **STORE SMART:** All leftovers lose flavor, texture, and nutrition over time. Set yourself up for success by storing food properly and using in a timely manner.

STARRING SECOND ACT

- **LET LEFTOVERS SHINE:** Don't disguise your leftovers; showcase them instead! Make leftover steak the star of a salad, or use roasted vegetables to top a pasta dish.
- **SIDE OR SNACK:** Not quite enough to make a whole meal? Beef (or egg) it up with some protein to make it more filling, or enjoy as a light lunch, appetizer, or snack.



REHEAT RIGHT

- **DON'T DRY OUT:** While reheating, add a bit of broth or water to foods that lose moisture, like rice or pasta. Covering foods with a lid or damp towel can also help.
- **PRESERVE TEXTURE & FLAVOR:** Choose the right reheating method. Noodles and creamy sauces reheat well on the stovetop, while fried foods do best in an oven to stay crispy.



CREATIVE COOK IN A SNAP



- **TASTE TRANSFORMATION:** Combine multiple leftovers with complimentary flavors to create an entirely new dish. That leftover Mediterranean salad would be great in a wrap with a dollop of leftover hummus!
- **GO WILD:** Leftover fried chicken can top a pizza. Nachos can become tortilla soup. Meatloaf can be added to a sandwich.

130 billion meals are wasted in America each year

Why should WE care about food waste?

You can have a direct effect on reducing residential waste, which in turn has personal, local, and global impacts!



DO IT FOR YOURSELF
Eat well while saving money

DO IT FOR OTHERS
Fight food insecurity & support local farmers

DO IT FOR THE PLANET
Conserve natural resources, lower greenhouse gas emissions & save space in landfills

RESOURCES



- Book:** *The Everlasting Meal Cookbook: Leftovers A to Z*
- Online:** culinarynutrition.com/what-to-do-with-leftovers
thelionspantry.psu.edu/repurposing-meals
allrecipes.com/article/best-way-reheat-leftovers-your-favorite-recipes

