

# Plan For Leftovers

Use leftovers to save money and avoid food waste.

- Plan to use leftovers as part of other meals within a day or two.
- Freeze leftovers to use them much later.
- Buy ingredients that can be used in many meals and snacks.



<b>Breads</b>	<ul style="list-style-type: none"> <li>• Make bread pudding, French toast, stuffing, or croutons.</li> </ul>
<b>Rice</b>	<ul style="list-style-type: none"> <li>• Make rice pudding. Or, add to soups and casseroles.</li> </ul>
<b>Pasta</b>	<ul style="list-style-type: none"> <li>• Make pasta salad or casseroles.</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Combine for a fruit salad.</li> <li>• Use in muffins, quick breads, and pancakes.</li> <li>• Bake into cobblers, crisps, or squares.</li> <li>• Slice on top of hot or cold cereal.</li> <li>• Freeze to use in smoothies.</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Toss with cold pasta and light dressing for pasta salad.</li> <li>• Use in soup or stews.</li> <li>• Combine for a mixed vegetable salad.</li> </ul>
<b>Milk</b>	<ul style="list-style-type: none"> <li>• Use in baked goods such as muffins or quick breads.</li> </ul>
<b>Yogurt</b>	<ul style="list-style-type: none"> <li>• Use plain yogurt in place of sour cream in recipes.</li> <li>• Use to make veggie or fruit dip.</li> </ul>
<b>Cheese</b>	<ul style="list-style-type: none"> <li>• Use as a topping for vegetables.</li> <li>• Use in quiche or toss with pasta.</li> <li>• Keep frozen until needed.</li> </ul>
<b>Meat</b>	<ul style="list-style-type: none"> <li>• Slice for sandwiches.</li> <li>• Use in meat sauces, stuffed peppers, chili, or soups.</li> <li>• Use in stir-fry with leftover veggies.</li> <li>• Use to make a chef salad.</li> </ul>
<b>Chicken</b>	<ul style="list-style-type: none"> <li>• Make sandwiches with sliced chicken. Or, use for chicken salad sandwiches.</li> <li>• Use in a soup, casserole, or stir-fry.</li> <li>• Use the bones to make stock.</li> <li>• Shred and use to top a veggie salad.</li> </ul>
<b>Eggs</b>	<ul style="list-style-type: none"> <li>• Make egg salad sandwiches.</li> <li>• Add to salads.</li> <li>• Make a frittata.</li> </ul>
<b>Beans</b>	<ul style="list-style-type: none"> <li>• Reheat, mash, and spread on tortillas with other toppings.</li> <li>• Toss in salads.</li> <li>• Use in chili, soups, casseroles, and stews.</li> <li>• Make bean dip to eat with crackers or veggies.</li> </ul>