

Using leftovers to make a meal...



- 2 eggs left in your fridge? make an omelette - add any cooked meat or vegetables
- Use older bread for French toast
- Use excess milk and cheese for a cheese sauce - mix with pasta or vegetables
- Pancakes, custard and rice pudding are ideal for using up extra milk

Leftover sausages and bacon?

- Cook with peppers, mushrooms, onions and add tomato sauce or paste, serve with pasta or noodles
- Add to stews, casseroles or make stovies
- Have a mixed grill, with mushrooms, baked beans and an egg
- Make a toad in the hole



Leftover vegetables?

- Use up vegetables for soup or add to stews and casseroles
- Cooked vegetables can be added to a white or cheese sauce and finished in the oven or under the grill
- Peppers, mushrooms and onions are ideal for pizza toppings or why not make a tasty stir fry?
- Roast vegetables or leftover potatoes in the oven with a little oil, add some garlic or mixed herbs for added flavour



Too many pears, apples or bananas

- Make fruit crumble or add to scones
- Stew fruit and have with yoghurt
- Ripe bananas make great banana loaf
- Make a fruit salad



Don't cook too much



Rice: ½ mug per person

Pasta: ½ mug per person



Potatoes: 2-3 small potatoes or 1 fist size baking potato per person

Noodles: ½ - 1 block per person



Top Tips

- ✓ It's a good idea to put open packs or dried foods like pasta and rice into airtight containers.
- ✓ Always check storage instructions, particularly when packaging or jars have been opened.
- ✓ Before you go shopping: look in your fridge and cupboards to see what you need.
- ✓ Try to write a list before you go.
- ✓ Try and have an idea of what meals you would like to cook.

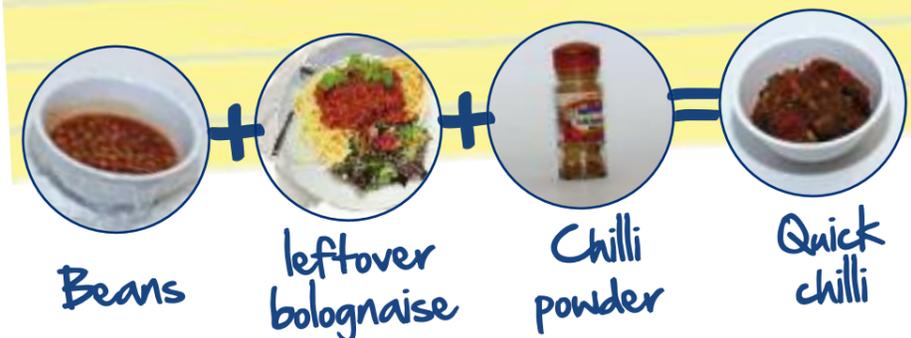
For more information go to:
www.nhsforthvalley.com/healthpromotion
www.lovefoodhatewaste.com
www.eatwell.gov.uk
www.nhsfife.scot.nhs.uk

Produced by Department of Nutrition & Dietetics NHS Forth Valley in partnership with NHS Fife Health Promotion Feb 2011

REDUCE FOOD WASTE AND SAVE MONEY ON YOUR SHOPPING!

“I'VE ALWAYS GOT FOOD IN THE FRIDGE BUT NOTHING FOR TEA.”

“I DON'T KNOW WHAT TO MAKE WITH MY LEFTOVERS?”



Beans

leftover bolognaise

Chilli powder

Quick chilli

What can you make for dinner?

Always tip the contents of tins into a bowl, cover and refrigerate.

Save on cling film, use a lidded container or use a plate for a lid.

If raw meat, sausages & bacon are coming up to the use by date, cook them and keep covered in fridge for up to 2 days.
Or freeze.



When freezing any leftovers, write the date and what it is.

If you don't use a lot of bread, try freezing and defrost when you need it.

Frozen bread can go direct into the toaster.

Cooked too many Potatoes?

- mash them up and use as topping for shepherds pie
- use to thicken soups or gravy.

If you shop weekly, use fresh fruit & vegetable first, then use frozen or tinned nearer the end of the week.