

Making Food Last Longer

Leftovers can be an easy way to help reduce food waste and save money. Keep leftovers in the fridge for up to 3 days or in the freezer for up to 3 months. Remember to thoroughly reheat your food before serving (165°F/74°C). See the table below for some easy meal ideas using common leftovers.

Leftovers	Easy Addition	Easy Addition	Easy Addition	Flavour Addition	Meal
Chicken breast	Whole wheat wrap	Cheese	Peppers	Salsa	Chicken wrap
Ground meat	Can of beans	Can of crushed tomatoes	Frozen corn	Onion, garlic, cumin, chili powder,	Chili
Beans	Low sodium vegetable stock	Barley	Carrots and celery	Onion, garlic, bay leaf	Vegetable soup
Lentils	Pasta sauce	Whole grain pasta	Frozen vegetables	Grated cheese	Lentil bolognese pasta
Fruit	Milk	Yogurt	Sprinkle of oats	Peanut butter	Fruit smoothie
Vegetables	Eggs	Cheese	Whole wheat toast	Ground black pepper	Omelette
Rice	Frozen carrots and peas	Onion, garlic	Fried egg	Low sodium soy sauce, garlic	Fried rice
Pasta	Cucumber, tomato	Can of chickpeas	Olives	Salad dressing	Pasta salad

** Note that easy additions can be changed to what you have at home.

Additional tips to consider:

- Simplify meals by basing them on 1/2 plate vegetables and fruit, 1/4 plate protein, 1/4 plate whole grains.
- Freeze leftovers in individual portions for a simple weekday meal.
- Older produce can be used to make soups, stews, casseroles, and stocks.
- Buy canned, frozen and dried food if possible.
- Large tubs of yogurt are often cheaper but may be hard to finish before the best before date. Try freezing yogurt in ice cube trays and adding it to smoothies.
- Grated cheese can be kept in the freezer to be added to pizzas, omelettes, pasta and casseroles.
- Freeze leftovers in individual portions for a simple weekday meal.
- Also consider other foods that can be portioned and frozen to use later including beans, bread, crushed tomatoes, sauces etc.

For more ideas and food safety information please see the resource below:

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-reduce-food-waste.pdf>