




# Leftover Makeover!

Essential Question: Can cooking with leftovers reduce food waste?

Expectation: Create a delicious new meal from any leftovers in your fridge.

	Activity (30-60 minutes)
	<p>The challenge this week is to create a new meal from leftovers! You can reduce food waste, work together with everyone in the kitchen and give your leftovers a delicious makeover.</p> <p>Step 1: Go foraging in your fridge</p> <ul style="list-style-type: none"> <li>● Leftovers</li> <li>● Fresh fruit or vegetables that need to be used</li> <li>● Pantry staples: canned food, rice, beans, etc.</li> </ul> <p>Step 2: Come up with a creative recipe</p> <ul style="list-style-type: none"> <li>● Try to incorporate fruits, vegetables, or other things that might expire soon into your meal</li> <li>● Here are some <a href="#">ideas</a> or <a href="#">recipes</a>:             <ul style="list-style-type: none"> <li>○ Leftover rice or veggies can be turned into fried rice</li> <li>○ Leftover stir fry can turn into a wrap/burrito/tacos</li> <li>○ Craving pizza? Use leftovers as creative toppings</li> </ul> </li> </ul> <p>Step 3: Put on your chef's hat and get cooking!</p> <ul style="list-style-type: none"> <li>● Use help from adults for cooking and chopping.</li> </ul> <p>For an extra fun challenge, set a timer! Race to transform a meal at lightning speed (for instance, 30 minutes).</p> <p>Step 4: Save what's left of your leftovers</p> <ul style="list-style-type: none"> <li>● Storing your food in airtight containers or freezing will help it last longer.</li> <li>● Tip: Reuse containers such as spaghetti sauce jars or yogurt containers to store food and decrease waste.</li> </ul>

	<h2>Reflect (10 minutes)</h2>
	<p>With a teammate, ask...</p> <ul style="list-style-type: none"> <li>● What was surprising about this challenge?</li> <li>● What insight can you use from this challenge to continue to reuse leftovers and create less food waste?</li> <li>● Do you think eating leftovers is more exciting now?</li> </ul>

	<h2>Extensions (optional)</h2>
	<ul style="list-style-type: none"> <li>● Watch this 3 minute video on <a href="#">Food Waste</a>, and how you can help!</li> <li>● Watch this 3 minute <a href="#">Roadmap to Reduce U.S. Food Waste by 20%</a>. Explains needed large scale changes.</li> <li>● Watch and explore where waste goes with <a href="#">Marin Sanitary Services Virtual Tours</a>.</li> </ul>