




# Leftover Makeover!

Essential Question: Can cooking with leftovers reduce food waste?

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

	<h2>Activity (30-60 minutes)</h2>
	<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><b>Step 1: Go foraging in your fridge</b></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><b>Step 2: Come up with a creative recipe</b></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><b>Step 3: Put on your chef's hat and get cooking!</b></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><b>Step 4: Save what's left of your leftovers</b></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>

	<h3 data-bbox="444 365 1411 470">Reflect (10 minutes)</h3> <p data-bbox="444 470 1411 527">With a teammate, ask...</p> <ul data-bbox="444 527 1411 716" style="list-style-type: none"><li data-bbox="444 527 1411 569">• What was surprising about this challenge?</li><li data-bbox="444 569 1411 653">• What insight can you use from this challenge to continue to reuse leftovers and create less food waste?</li><li data-bbox="444 653 1411 716">• Do you think eating leftovers is more exciting now?</li></ul>
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	<h3 data-bbox="444 837 1421 932">Extensions (optional)</h3> <ul data-bbox="444 932 1421 1186" style="list-style-type: none"><li data-bbox="444 932 1421 1016">• Watch this 3 minute video on <a href="#">Food Waste</a>, and how you can help!</li><li data-bbox="444 1016 1421 1100">• Watch this 3 minute <a href="#">Roadmap to Reduce U.S. Food Waste by 20%</a>. Explains needed large scale changes.</li><li data-bbox="444 1100 1421 1186">• Watch and explore where waste goes with <a href="#">Marin Sanitary Services Virtual Tours</a>.</li></ul>
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