Leftover Makeover!

**Essential Question:** Can cooking with leftovers reduce food waste?

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

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### Activity (30-60 minutes)

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.

**Step 1: Go foraging in your fridge**

- Leftovers
- Fresh fruit or vegetables that need to be used
- Pantry staples: canned food, rice, beans, etc.

**Step 2: Come up with a creative recipe**

- Try to incorporate fruits, vegetables, or other things that might expire soon into your meal
- Here are some ideas or recipes:
  - Leftover rice or veggies can be turned into fried rice
  - Leftover stir fry can turn into a wrap/burrito/tacos
  - Craving pizza? Use leftovers as creative toppings

**Step 3: Put on your chef’s hat and get cooking!**

- Use help from adults for cooking and chopping.

For an extra fun challenge, set a timer! Race to transform a meal at lightning speed (for instance, 30 minutes).

**Step 4: Save what’s left of your leftovers**

- Storing your food in airtight containers or freezing will help it last longer.
- Tip: Reuse containers such as spaghetti sauce jars or yogurt containers to store food and decrease waste.
Reflect (10 minutes)

With a teammate, ask...

- What was surprising about this challenge?
- What insight can you use from this challenge to continue to reuse leftovers and create less food waste?
- Do you think eating leftovers is more exciting now?

Extensions (optional)

- Watch this 3 minute video on Food Waste, and how you can help!
- Watch this 3 minute Roadmap to Reduce U.S. Food Waste by 20%. Explains needed large scale changes.
- Watch and explore where waste goes with Marin Sanitary Services Virtual Tours.