

Loving Your Leftovers

Leftovers save money and time and also helps reduce food waste. Turn leftover food into new meals.



What to do with...

LEFTOVER FOOD	
Cooked whole chicken	Add to stir-fries, soups, casseroles, sandwiches or salads
Cooked rice	Make rice pudding, vegetable fried rice, or add to soups or casseroles or stuffed peppers.*
Fruit	Cut up fruit on the weekend, then use during the week to serve with: <ul style="list-style-type: none"> • Hot and cold cereal • Pancakes and waffles • Yogurt or cottage cheese • Baked goods such as muffins and sweet loaves*
Cooked vegetables	Puree and add to milk or low-sodium broth to make a quick soup.* Add to pasta, soup, salad, lasagna, omelette or quiche.* Use leftover stir-fried vegetables in an omelette or wrap. Freeze leftover tomato paste in little spoonfuls on a baking sheet or ice-cube tray. Use for spaghetti sauce, lasagna or pizza topping.
Cooked Pasta	Add to soups, casseroles and pasta salad.*
Old bread	Crush dried bread to make breadcrumbs to coat chicken, fish or casseroles or in a bread pudding* Sprinkle spices on dried, cubed bread and toast in oven to make croutons.
Salmon	Turn leftover salmon into salmon cakes or use as a filling for pita.*
Ground beef	Sauté ground beef and use some in a casserole and freeze the rest for chili, pasta sauce or stuffed peppers.
Spaghetti sauce	Make lasagna, pizza sauce, chili or freeze for a quick dinner later.*

Leftover Food Safety:

Leftovers can spoil quickly so take care to keep the food safe to eat:

- Refrigerate leftovers right away in uncovered shallow containers so they cool quickly.
- Store leftovers in the fridge for two to three days. Leftovers can also be frozen for up to two to three months. Label and date the containers.
- Leftovers can only be reheated once. Do not refreeze thawed leftovers.

*Find recipes for these tips in [The Basic Shelf Cookbook](#) published by the Canadian Public Health Association, 2011.