

TIPS FOR LEFTOVERS



Cooking the right amount of food every day can be hard. For some people, having leftovers is no problem and they might even want to have leftovers. Others might have no idea what to do with leftovers or always end up forgetting about them. This tip sheet can help you use and organise your leftovers.

Repurpose

1

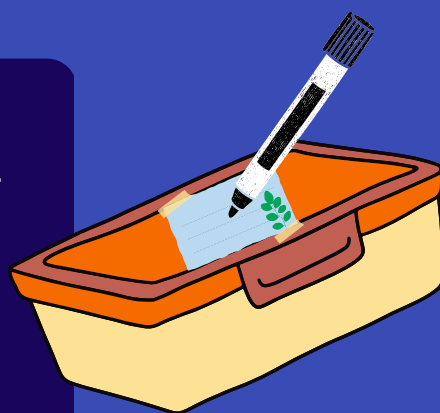
- Leftovers can be easily used in other dishes, for example soups, salads, and omelets.
- Eat leftovers for lunch, or as a small snack.
- Combine leftovers from multiple days into a 'leftover buffet' dinner.
- If you know that you are not going to eat your leftovers, you can give them away to someone who can use an easy meal.



Label, Label, Label

2

- If you put your leftovers in a container or bag, always label them with the contents and the date you cooked it.
- Keep a marker (and labels) close to/ attached to your fridge and freezer.
- It can help to have a whiteboard on your fridge/freezer where you write what is inside, and what is the expiration date.



Refrigerate and Freeze

3

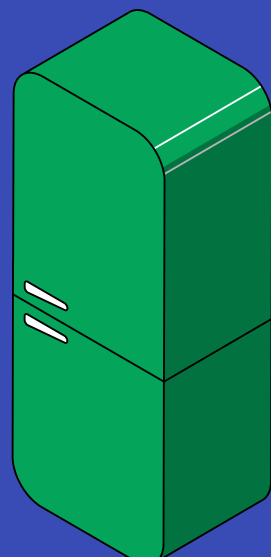
- Put leftovers you eat within days in the fridge and leftovers you eat later in the freezer.
- Place perishable leftovers and ingredients where you can see them.
- Only put leftovers in your fridge and freezer that you know you will eat.



Organize your Fridge and Freezer

4

- Organize your fridge and freezer for easily recognizing leftovers. Use designated shelves for unopened ingredients and for leftovers.
- Store your leftovers in portions. This goes both for meals and for leftover ingredients.



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