

Day 1

Learn to Love your Leftovers

Leftovers are part of everyone's food life and deserve a place on your plate. Instead of scraping the remains of a meal, which you have spent time, effort and money preparing, into the trash, consider your options.

Leftovers are begging to be reheated, repurposed or completely reinvented. And they are having a moment! You can watch TV shows about chefs getting creative with leftovers. There are cookbooks, blogs and magazines offering transformational tips you can use to up cycle those leftovers. Social media sites are another resource for sourcing inspiring leftovers recipes.

Delicious food on your plate instead of in the landfill helps you, helps the planet.

USE IT ALL UP !

Day 2

Learn to Love your Leftovers - Take 2

Consider actually planning to have one or two meals a week based on leftovers.

If you find that your fridge has several little portions of food from a few different meals : consider offering your version of small plates. Perhaps start with something from the pantry as the first plate- olives, dried fruit and nuts or pickles, and then follow with two or three plated small servings of those leftovers (and they can be embellished with garnishes, sauces or condiments) Add some great music, use up those candles and you've created a meal that can feel like a holiday. A mini cheese course using up what you find in the fridge can be a great finishing touch.

End of the week soup and sandwich night can be something to look forward to enjoying, especially if you also combine it with game night. Soups can be made quickly (think pressure cooker) and are a delicious way to reinvent leftovers. A can of tomatoes, some beans from the pantry, leftover fennel and spinach make fabulous soup. You can add dried herbs, wilted herbs from the fridge or heat it up with a splash of sriracha. Or purée leftover veggies with broth or tomatoes, add flavourings, heat, add a splash of cream (or sour cream, or cheese) and then top each serving with a handful of plain or spicy peanuts.

There are many amazing ways to enjoy leftovers- go to unlockfood.ca and search for the Easy Meals for Great Leftovers e-book.

Have fun, eat great food and remember to **USE IT ALL UP !**

Day 3

Photo Challenge!

This week, take a look in your fridge, check out some of those resources on how to repurpose leftovers, create and then share a photo of your meal.

Remember that if you **USE IT ALL UP !** we all win.