

Be **SMART!** Don't Waste Food!

Make Food Not Waste 2018

Meal Planning and Eat Your Leftovers!

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Shop at Home

Make a Plan

A Check Store **A**ds/**A**pps

Revisе Your Plan, and Be Flexible!

Take Care of Leftovers & Use Them!

Research estimates that 25% of household food winds up in the waste stream. The SMART model can help identify food that needs to be eaten, and remind you to fold it in to a delicious plan. Reducing food waste with the SMART model can help save time and money, as well.

It can also be delicious and fun!

Shop at Home

Make sure you know the food items available at your home, and when they need to be used. A list or inventory can be useful for this purpose. See the Make Food Not Waste “Know What You Have!” inventory for an example.

It is always a good idea to know the food items available at home, but it is even more important to know this information before you approach grocery shopping or meal planning. Before you begin either of these tasks, take time to “Shop at Home.”

Make a Plan

Plans can be written down, or just thought through, but they can definitely help save food waste, time, and money. As you decide what to make, eat and share, it can be helpful to think through questions such as:

- What food do I own that needs to be used or frozen this week?
Identify ingredients that need to be used. If they do not fit in the meal plan, use your freezer to extend freshness.
- What dishes and meals can I make that include food that needs to be used?
Identify ways to incorporate food that needs to be used in delicious meals and snacks. See the Make Food Not Waste “Welcome Leftovers!” table for recipes and techniques that welcome extra ingredients.
- What do I have on hand, and what do I need at the store to complete those dishes and meals?
Shop at home first. Use items from your home store before you purchase new, to maintain freshness.
- When do I have time to cook?
Plan to cook when you can. Identify menu items that can be made ahead if necessary, and store meals in the refrigerator or freezer to preserve freshness.
Remember to cook once and eat twice. Rather than roast one chicken, set a second beside the first in the oven, and roast two while the oven is hot, and you have time.

Be organized when adding food to your freezer. Make sure to add a name and date to the item, and rotate food so that older food is in the front/on top for easy use.

See the Make Food Not Waste “Plan to Use EVERYTHING!” matrix for an example weekly meal plan with recipe links.

A Check store Ads/Apps

Store ads and apps are designed to save money. They can also save food waste. Produce in season is generally at the best price, when it is most widely available. Help your grocery store use what they have the most of, while you save money.

Revise Your Plan, and be Flexible!

Plans can and should change when things come up. If someone eats the piece of lasagna planned for lunch the next day, improvise. If you find a great and unexpected sale at the grocery store, adapt.

Just make sure that when plans change, food is stored properly, and used!

Take Care of Leftovers & Use Them!

Store leftovers promptly, and USE them.

- Make leftovers new and unidentifiable with a different recipe.
 - Add egg and cheese to leftover pasta to make a frittata.
 - Leftover mushrooms top a pizza.
 - Add chips, cheese and veggies to leftover chicken to make nachos.
 - Leftover broccoli tops a loaded baked potato.
 - The possibilities are endless, ...Don't be afraid to get creative and have fun!
- Request a take away box at the beginning of a meal at a restaurant. Put the portion of your meal you won't eat in the container right away to preserve freshness, and prevent the spread of person-to-person germs.

With leftovers and all food, keep items that will be used quickly in the refrigerator, and store items that will take time to use in the freezer.

Know What You Have!

Take stock of what you have, or keep an inventory! Know what needs to be used!

Fresh

Peaches*
Broccoli*
Avocados*
Spinach*
Grapes*
Celery
Carrot
Tomatoes
Bell Peppers*
Onions
Tortillas
Plain Greek Yogurt
Garlic
Bananas
Milk
2 Whole Chickens
Eggs
Cheese
Lime
Orange

Frozen

Fruit
Veggies
Bread
Chicken Broth
Pepitas
Walnuts
Bag of Bones

Pantry

Peanut Butter
Canned Beans
Canned Tuna
Canned Pumpkin
Rolled Oats
Pasta
Cereal
Soy Sauce
Canned Fruit
Canned Veggies
Rice
Baking Supplies
-Vinegar
-Oil
-Flour
-Cornmeal
-Baking Soda
-Baking Powder
-Sugar
-Brown Sugar
-Butter
-Vanilla
-Yeast
-Honey
Spices
-Salt
-Pepper
-Oregano
-Basil
-Parsley
-Thyme
-Cilantro
-Cumin
-Cinnamon
-Nutmeg
-Dill
-Pepper Flakes
-Bay Leaves

On Sale

Apples
Butternut Squash
Carrots
Canned Pumpkin
Yellow Beets
Potatoes

During the Make Food Not Waste 2018 event, activities around Meal Planning and Using Leftovers used this fictitious inventory to plan meals, leftovers, and snacks.

In this fictitious inventory, items that need to be used quickly were identified with a *.

Inventory Tips

An inventory of food items can be beneficial to reduce food waste, save money, and stay organized. Inventories show the items that are available to cook, and can draw attention to the items that need to be used quickly. The “Know What You Have!” inventory is a formal list, but it is most important to identify a system that works for you. If a complete and formal list doesn’t seem handy, consider making an inventory of items that need to be used, and reviewing it once or twice a week. Encourage family members to update that list as things get used or added.

Items in the fictitious Make Food Not Waste kitchen were chosen for a reason. They are available in late-September, and are very versatile in the kitchen. Additional explanation for what was chosen, and why is offered below. Also see the “10 Tips to Stock Your Pantry” link in the Additional Resources section for even more great information about stocking your pantry.

Plain Green Yogurt

Plain Greek Yogurt has many uses in the kitchen, and this versatility can help reduce food waste. Combine Plain Greek Yogurt with fruit, vanilla, and honey, or use it as a replacement for sour cream.

Citronette

Citrus fruit such as orange or lime can be combined with oil to make a simple citronette. Add mustard, salt, pepper, and minced onion for additional variations. Citronette is delicious on salads, and can make great use leftover ingredients.

Bread

Store bread in the freezer to extend freshness. Use frozen slices to make a sandwich for later. Thaw slices in the microwave or toaster for immediate use.

Chicken Broth

Homemade chicken broth is a great way to use chicken bones. Save broth in the freezer for use in soups, sauces, and to reconstitute rice and other grains. Freeze broth in ice cube trays to have just the right amount available for sauces, or grains.

To make broth, combine chicken bones with mirepoix (onion, celery, and carrots in a 2:1:1 ratio) in a pot of cold water. Add additional flavors such as garlic, herbs, and spices. Bring to a boil, then simmer about 2 hours. Strain, and store in the refrigerator or freezer.

To add additional depth of flavor:

- Brown mirepoix before adding chicken and water.
- Roast bones or vegetables before adding them to the water.

Pepitas

Pepitas are the shelled center of pumpkin seeds. They are delicious, and loaded with nutrients. Substitute pepitas for nuts or other seeds. They are excellent in salads, trail mix, cookies, and are great as snacks. They also make a delicious garnish for hummus, soups, and entrées.

Don’t forget to toast your pumpkin seeds when carving a pumpkin. Toss with oil, then spread on a baking sheet. Sprinkle with salt and pepper, or your favorite spices. Bake about 45 minutes, stirring occasionally. Remove from the oven when golden brown.

Bag of Bones

Bones are a great source of flavor. Using bones to flavor stock is a great way to make use of that great taste, but it isn't convenient to make stock every time you roast a chicken.

Save bones in the freezer as they are available in your kitchen. Plan to make stock when it is convenient, and use these frozen bones for flavor.

Baking Supplies

Basic baking supplies offer huge variety to cooking options. Adding extra vegetables to a pizza can make using extra or leftover ingredients fun. Some baking options to use leftovers are identified in the Make Food Not Waste "Welcome Leftovers!" section.

Yellow Beets

A variation of beet, all parts of this plant are edible. Roast the bulb and serve with potatoes, or add to soup. Sauté the greens with garlic and serve with herbed rice or polenta.

Don't be afraid to try new things, even when you are reducing your food waste. A little research can be very helpful to identify ways to use unfamiliar items. The internet is one great resource, but don't forget to ask the experts. Vendors at your local Farmer's Market often grow the produce they sell. Make sure to ask about proper storage and use of an unfamiliar item if you have questions.

Plan to Use EVERYTHING!

Make a week's menu that uses everything before it goes to waste.

This menu is based on the fictitious ingredients identified in the "Know What You Have!" section of this guide.

Day	Cooking	Lunch	Dinner	Leftovers
Sunday	2 Roast Chickens Roast Veggies Chicken Veggie Soup Rice Frittata	Frittata	Roast Chicken Roast Veggies Rice	Roast Chicken Roast Veggies Chicken Veggie Soup Rice Frittata
Monday	Stir Fry Peanut Noodle Salad Cut Carrots & Celery	Chicken Veggie Soup	Stir Fry Rice	Stir Fry
Tuesday	Potluck: No Time to Cook	Spinach Salad w/Chicken	Potluck: Peanut Noodle Salad	Potluck Leftovers
Wednesday	Chicken Tacos Salsa Guacamole	Frittata	Chicken Tacos Homemade Salsa Guacamole	Salsa Guacamole
Thursday	Barley Jambalaya Peach Crisp	Potluck Leftovers	Barley Jambalaya	Barley Jambalaya
Friday	Granola Trail Mix	Stir Fry	Tex Mex Restaurant	Tex Mex
Saturday	Black Bean Nachos (Including Tex Mex Leftovers)	Veggie Wraps	Black Bean Nachos (Including Tex Mex Leftovers) Salsa Guacamole	

Color coding tracks leftovers across different dishes throughout the week.

Recipe Links

Recipes for the “Plan to Use EVERYTHING!” menu plan are listed below. Some substitutions and adaptations are required to follow the meal plan exactly as written.

Always substitute and add ingredients to use what you have, and tailor recipes to your taste.

[Chicken Veggie Soup](#)

[Roast Veggies](#)

[Roast Chicken](#)

[Frittata](#)

[Stir Fry](#)

[Peanut Noodle Salad](#)

[Chicken Tacos](#)

[Salsa](#)

[Guacamole](#)

[Barley Jambalaya](#)

[Peach Crisp](#)

[Granola](#)

[Trail Mix](#)

[Tortilla Chips](#)

[Veggie Wraps](#)

Additional delicious recipes and techniques that welcome leftovers and extras are listed in the “Welcome Leftovers!” and “Additional Recipes” sections below.

Welcome Leftovers!

Some recipes and techniques welcome leftovers and extras.

	Fruit	Veggies	Protein	Grains	Dairy
Soup		✓	✓	✓	✓
Salad	✓	✓	✓	✓	✓
Sandwich	✓	✓	✓	✓	✓
Wrap	✓	✓	✓	✓	✓
Nachos		✓	✓	✓	✓
Pizza		✓	✓		✓
Stir Fry		✓	✓	✓	
Pasta		✓	✓	✓	✓
Frittata		✓	✓	✓	✓
Baked Potato		✓	✓	✓	✓
Smoothie	✓	✓	✓	✓	✓
Oats	✓				✓
Cereal	✓				✓
Yogurt Parfait	✓			✓	✓
Trail Mix	✓			✓	
Fruit Crisp	✓			✓	

See the “Additional Recipes” section for example recipes that welcome leftovers.

Additional Recipes

The fictitious kitchen inventory identified in “Know What You Have!” offers many options for additional delicious items. Several are identified below.

Breakfasts/Lunches/Snacks/Desserts

[Peanut Butter Banana Pockets](#)

Overnight Oats

Celery/Carrot/Apples with Peanut Butter

[Smoothies](#)

[Hummus](#)

Rice Pudding

[Cornbread](#)

[Yogurt Parfait](#)

[Pumpkin Muffins](#)

[Apple Wraps](#)

[Pineapple Carrot Muffins](#)

[Rolled Oats and Peanut Butter Cookies](#)

[Holiday Roasted Butternut Squash \(w/cinnamon\)](#)

Make substitutions to use items before they spoil, or use items you and your family prefer.

A frittata is an egg dish prepared in the oven. It accepts extra veggies, grains, cheese, eggs, and other protein. Frittatas are very welcoming to leftovers!

Entrées/Sides

[Pizza Dough](#)

[Mini Pizza & Pizza Sauce](#)

[Chicken Salad with Peanut Dressing](#)

[Baked Flaked Chicken](#)

[Herb Roasted Chicken with Vegetables](#)

[Hearty Egg Burritos](#)

[Chicken with Apples and Raisins](#)

[Fall Vegetable Salad](#)

[Broccoli Soup](#)

[Tuna Pasta Bake](#)

[Pasta with Tomato Sauce](#)

“Loaded Hummus” welcomes extras and leftovers of all kinds. Drizzle hummus with oil, and top with a variety of delicious items. Examples include extra/leftover: veggies, herbs, feta, legumes, and whole grains. Serve with additional cut veggies or leftover bread.

Additional Resources

Many recipes and additional resources in this guide are linked from [CookingMatters.org](https://cookingmatters.org). Cooking Matters is a national program that teaches those at risk of food insecurity how to make healthy, nutritious, delicious meals on a budget. The Cooking Matters website is an amazing resource, in itself to help reduce food waste, and save money in a tasty way.

Please visit the [Cooking Matters Michigan](https://cookingmatters.org/michigan) site to learn more about volunteering with Cooking Matters in Southeast Michigan.

Apps

Cooking Matters App

<https://cookingmatters.org/cooking-matters-app>

FoodKeeper App

<https://www.foodsafety.gov/keep/foodkeeperapp/index.html>

Links

10 Tips to Waste Less Food

<https://cookingmatters.org/tips/10-tips-waste-less-food>

10 Tips to Stock Your Pantry

<https://cookingmatters.org/tips/10-tips-stock-your-pantry>

10 Tips for Using Herbs and Spices

<http://cookingmatters.org/tips/10-tips-using-herbs-and-spices>

How To Cut A Whole Chicken

<https://www.youtube.com/watch?v=gxdizX1XDLQ>

Savor Seasonal Fruits & Vegetables

<http://cookingmatters.org/tips/savor-seasonal-fruits-vegetables>

Soups Made Simple

<https://cookingmatters.org/soups-made-simple>

Contact

Contact Make Food Not Waste with additional questions or comments.

<https://makefoodnotwaste.com/#post-2>