

A circular icon featuring a bowl filled with various fruits and vegetables like carrots, broccoli, and bananas. The word "NUTRITION" is written in a blue banner across the bottom of the bowl.

TIPS ON USING LEFTOVERS



Using leftovers helps to avoid wasting food, saves money and makes meal planning easier. Here are some of our tips to help you rethink your leftovers and get creative in the kitchen!

SMART PLANNING TIPS



- **Make more:** Cook additional portions specifically for repurposing (e.g., the broccoli for today's omelettes can be worked into tomorrow's crêpes).
- **Assess your inventory:** Regularly check what base ingredients you have available and what you could make out of them.
- **Embrace creativity:** Use recipes as inspiration and adapt them based on what you have on hand. Involve students by asking for their ideas.
- **Put nutrition first:** Make sure your creation is aligned with [BCC's Nutrition Guidelines](#), with at least one protein food, one whole grain food and one vegetable or fruit.
- **Practise food safety:** Store leftovers properly and consume them within appropriate timeframes.
- **Freeze:** Leftovers that can't be used now can be frozen for another time

CREATING YOUR OWN RECIPES

Use this section to create balanced breakfast combinations:



- Identify leftovers to cook: eggs, day-old or slightly dry bread, fruit, tortillas, yogurt, waffles, cereal, cheese, vegetables, etc.
- Complete the breakfast by making sure to include at least one food from each of the three food groups.
- Determine the method: Bake, blend or assemble your ingredients, or have students assemble their own breakfast.
- Good leftover creations come from experimenting with what you have. Trust your taste buds and try unexpected combinations!

INGREDIENT SUBSTITUTIONS

Missing a basic ingredient? Don't worry, there are plenty of options available to you!



EGGS



For the equivalent of 1 egg



Chia seeds or ground flax seeds: 1 tbsp (15 ml) seeds + 3 tbsp (45 ml)



Applesauce
($\frac{1}{4}$ cup (60 ml))



Mashed bananas
($\frac{1}{4}$ cup (60 ml))



Plain yogurt
($\frac{1}{4}$ cup (60 ml))

MARGARINE



Greek yogurt (for a lighter texture)



Butter



Vegetable oil

COW'S MILK



Fortified soy beverage



Another **plant-based beverage**

*Remember that most plant-based beverages do not provide enough protein to be considered protein foods; whereas milk and soy beverages do.

BUTTERMILK



For the equivalent of 1 cup of buttermilk



1 cup (250 ml) **milk** + 1 tbsp (15 ml) **vinegar**

BAKING POWDER



For the equivalent of 1 tsp (5 ml) of baking powder



($\frac{1}{2}$ tsp (2.5 ml)) of **baking soda**

For recipe ideas, check out our [leftover-friendly recipe booklet](#)

FRESHNESS SCALE

Missing a basic ingredient? Don't worry, there are plenty of options available to you!

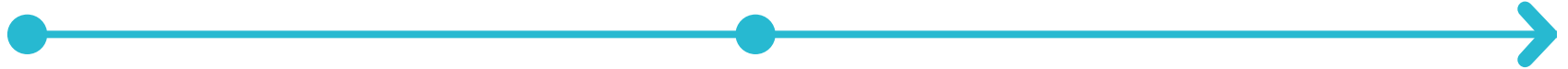


BREADS

Fresh: Sandwiches, toast

Slightly stale: French toast, bread pudding, grilled burritos, breakfast strata, tortilla chips

Very dry: Breadcrumbs, bread pudding

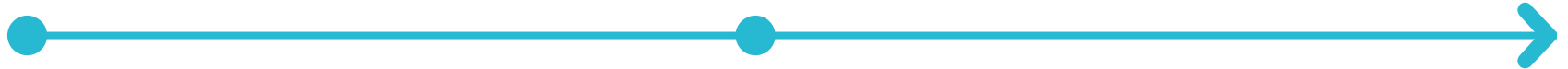


VEGETABLES

Crunchy: Fresh veggies with dip, omelettes, wraps

Softened: Frittatas, savoury muffins, breakfast burritos

Wilted: Smoothies, blanched and frozen for later use

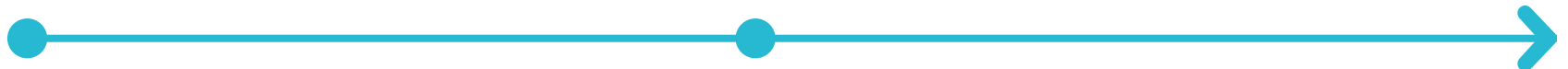


FRUITS

Crunchy: Whole or sliced fruit, fruit salad

Slightly ripe: Applesauce/fruit compote, pancake fillings

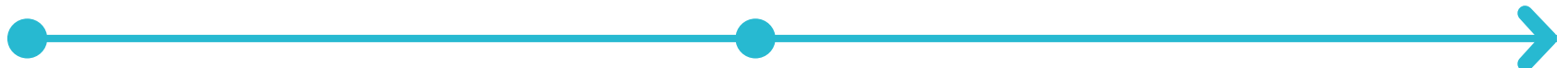
Very ripe: Smoothies, jam, pastries, fruit coulis, frozen for later use



CHEESE

Fresh: Sliced, dices, in a side dish

Dry: Grated into muffins, crêpes, quiche, wraps, etc.



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