



Left-overs or more meals?



Take a look at these foods. What could you do with them? Throw them away or make something else?



www.activekidsgetcooking.org.uk



Plan meals
beforehand.

Make a shopping list.

Be creative with
left overs.



Save money by thinking!

Cook the right
amount of food.

Cook foods that
your family enjoy.

Store and use
left-over cooked
foods.



Cool quickly.

Store in the fridge.

Cover.



When using left-over foods:

Cook to
PIPING
HOT.

Only reheat
once.

Check the
use by dates.