

Get creative with your meal planning! By planning to use foods and ingredients in more than one meal, you can save money and prevent food waste. Choosing recipes with similar ingredients can also help you decide when to buy in bulk, and avoid wasting leftovers. Most foods can be used in a variety of ways – the ideas below are a good place to start experimenting with stretching your ingredients!

Breads	<ol style="list-style-type: none"> 1. Make bread pudding, French toast, stuffing, or croutons.
Beans	<ol style="list-style-type: none"> 1. Reheat, mash, and spread on tortillas with other toppings. 2. Toss in salads. 3. Use in chili, soups, casseroles, and stews. 4. Make bean dip to eat with crackers or veggies.
Rice	<ol style="list-style-type: none"> 1. Make rice pudding. Or, add to soups and casseroles.
Pasta	<ol style="list-style-type: none"> 1. Make pasta salad or casseroles.
Fruits	<ol style="list-style-type: none"> 1. Combine for a fruit salad. 2. Use in muffins, quick breads, and pancakes. 3. Bake into cobblers, crisps, or squares. 4. Slice on top of hot or cold cereal. 5. Freeze to use in smoothies.
Vegetables	<ol style="list-style-type: none"> 1. Toss with cold pasta and light dressing for pasta salad. 2. Use in soup or stews. 3. Combine for a mixed vegetable salad.
Yogurt	<ol style="list-style-type: none"> 1. Use plain yogurt in place of sour cream in recipes. 2. Use to make veggie or fruit dip.
Meat	<ol style="list-style-type: none"> 1. Slice for sandwiches. 2. Use in meat sauces, stuffed peppers, chili, or soups. 3. Use in stir-fry with leftover veggies. 4. Use to make a chef salad.
Cheese	<ol style="list-style-type: none"> 1. Use as a topping for vegetables. 2. Use in quiche or top with pasta. 3. Keep frozen until needed.
Chicken	<ol style="list-style-type: none"> 1. Make sandwiches with sliced chicken. Or, use for chicken salad sandwiches. 2. Use in a soup, casserole, or stir-fry. 3. Use the bones to make stock. 4. Shred and use to top a veggie salad.
Eggs	<ol style="list-style-type: none"> 1. Make egg salad sandwiches. 2. Add to salads. 3. Make a frittata.
Milk	<ol style="list-style-type: none"> 1. Use in baked goods such as muffins or quick breads.



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