

TIPS TO HELP REDUCE FOOD WASTE

WITH THE LARGE AMOUNT OF FOOD WASTE IN THE U.S. PLACING A STRAIN ON THE ENVIRONMENT, IT IS A CRITICAL TIME TO HELP REDUCE FOOD WASTE BY UTILIZING ALL GROCERY INGREDIENTS PURCHASED. IN ADDITION, REUSING LEFTOVERS CAN ALSO BE A GREAT WAY TO MANAGE A TIGHT BUDGET. HERE ARE SOME SUGGESTIONS TO HELP!

LEFTOVER PROTEIN?

A great way to use leftover grilled chicken, shrimp or roasted vegetables is to chop them up and toss with a dressing made with a mixture of garden-fresh herbs and Hellmann's® or Best Foods® Mayonnaise. Serve over mixed greens like this [Creamy Balsamic Grilled Chicken Spinach Salad](#).

Leftover chicken meat that you don't know what to do with? Try dicing up some celery and onion with Hellmann's® Mayonnaise or Dressing and make a delicious chicken salad such as this [Harvest Chicken Salad](#)!

Use Pita pockets or tortillas and use Hellmann's® mayonnaise or dressing to make a sauce to use with lean protein or beans and your favorite veggies such as this [Chicken Pita with Tzatziki Sauce](#).

LEFTOVER VEGETABLES?

Hellmann's® Mayonnaise can make a great creamy skillet sauce to coat any leftover vegetables or chicken such as this [Leftover Chicken & Vegetable Skillet with Creamy Herb Sauce](#).

Steamed, roasted or grilled vegetables that you served as a side dish one-night can become soup the next day. Prepare Knorr® vegetable or chicken flavor bouillon according to package directions and use 3 to 4 cups prepared broth to puree leftover vegetables for a quick soup.

To create a veggie-packed sauce for whole wheat pasta or your grain of choice, puree leftover veggies and thin with a little milk then add a burst of flavor with a teaspoon of [Knorr® Granulated Bouillon](#).

Veggies almost past their prime? Roast them at 425 degrees for 15-30 minutes or until vegetables are tender with a sprinkle with [Knorr® Global Seasonings](#) and then freeze to conveniently use throughout the month.



LEFTOVER GRAINS?

Next time you have extra rice leftover, stuff a pepper, zucchini, squash or avocado the next day like these [Stuffed Avocados](#).

Leftover pasta and rice can easily be added to stir-fries, soups and casseroles such as this [Chicken Casserole](#). Knorr® Sides can be the perfect flavorful ingredient to give your dish a flavor boost.

LEFTOVER BREAD?

Have a day or two old loaf of bread that has lost its freshness? Halve the loaf crosswise, spread it with a dollop of Hellmann's® or Best Foods® Real Mayonnaise and rub it with garlic. Wrap it in foil and bake until warm and toasty.

If it is way too late, remember, stale bread makes great croutons, especially for a delicious [Caesar Salad](#)!

We know that consumers are unnecessarily throwing away food that is safe and wholesome because they do not understand what the date labels mean. It is important that consumers understand why date labels are used and how to interpret them so that they can enjoy food safely, at its best, and minimize food waste. To learn more about how Unilever is addressing food waste, [visit here](#):

