

# KIDS IN NUTRITION



## FOOD WASTE REDUCTION SERIES



# MESSAGE

Dear Parents,

Greetings! Kids In Nutrition (KIN) is back for another week to teach your child about reducing food waste.

Learning the difference between food that is stale and food that is spoiled empowers students to safely use ingredients that are still good to eat instead of throwing them away. When students practice turning leftovers into new dishes, they help reduce food waste—and in doing so, lessen the environmental impact of our food system, which uses significant resources and contributes to global greenhouse gas emissions.

**Lesson 4: Leftover Makeover** — Students will learn the difference between stale vs. spoiled food, learn about common dishes that are made to use up leftover foods, and create their own recipe from a list of leftover food items.

We hope you and your child enjoy the KIN program as much as we do! Thank you, and we will see you next week!

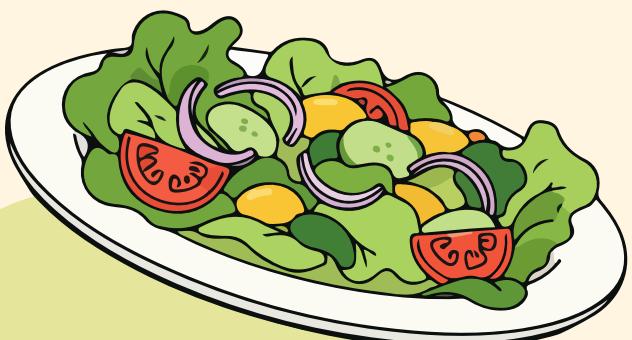


# LESSON 9:

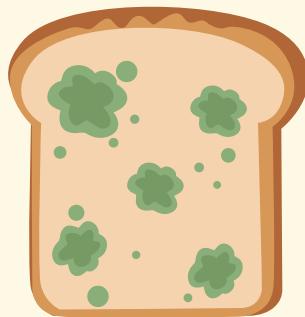
# LEFTOVER

# MAKEOVER

KIN



# LESSON 9: KEY POINTS



## 01 - Stale vs. Spoiled Foods

Stale means the food changes texture, like bread and rice getting hard, but it is still edible and can be repurposed. While spoiled food is not good to eat at all and usually has mold or a strong, bad smell, like chunky milk.



## 02- Leftover Foods

Many popular traditional foods have been made with leftovers. Some common traditional leftover foods are fried rice, stir-fry, bean salad, tacos, scrambled eggs, and chilaquiles.



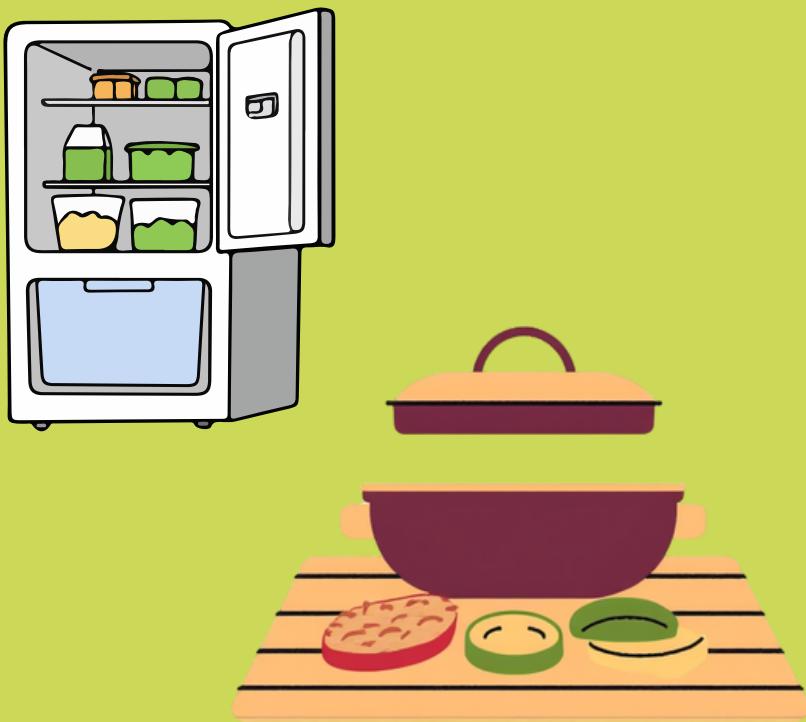
## 03- Food Waste

A large percentage of food waste comes from ingredients and meals which were thrown out before they spoiled. By getting creative with leftovers, we can help prevent this waste!

# WEEKLY CHALLENGE

## LESSON 9

Look in your fridge and find one leftover food. Try adding one new ingredient or changing how it's served to make it into something new.



### REMINDER:

- 1) Encourage your child to log what they did in their weekly challenge tracker
- 2) Remind your student to BYOC (Bring Your Re-usable Own Container) for next week's KIN Recipe.



## Lesson 4 RECIPE

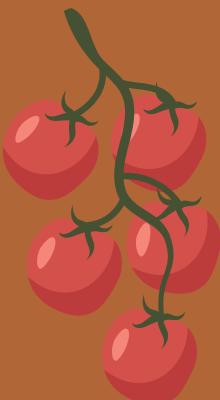
# ITALIAN BREAD SALAD

**Prep:** 15 Minutes

**Servings:** 4

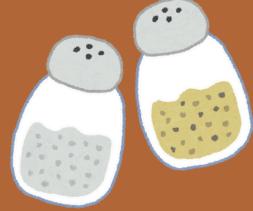
### Ingredients

- 2 cups of leftover/stale bread
- 4 tomatoes
- Handful of chopped basil
- 4 Tbsp of olive oil
- 1 Tbsp of wine vinegar
- 1 clove of garlic
- Salt and Pepper to taste



### Instructions:

1. Cut the bread into small-ish pieces.
2. Cut the basil into small strips.
3. Dice tomatoes and garlic.
4. Combine oil, vinegar, garlic , salt, and pepper into a dressing.
5. In a bowl, combine all ingredients and toss.



# NUTRITION SPOTLIGHT

THIS WEEK'S NUTRITION SPOTLIGHT IS HEALTHY FATS!  
THE OLIVE OIL WE USED IN OUR PANZANELLA IS A GREAT SOURCE OF HEART HEALTHY, UNSATURATED FAT!



THANK YOU &  
SEE YOU  
NEXT WEEK!

