



5 Ways To Use Food Scraps

1 LEAFY GREENS



- wilt down in pasta, soup or stir-fry
- throw in a smoothie

2 PICKLE JUICE OR BRINE

- add to homemade dressing
- splash into a cocktail
- repurpose by adding older cucumber or veg into brine



3 CITRUS PEEL

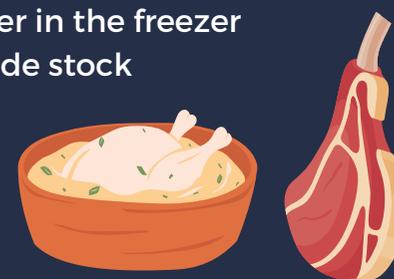


- candy
- chop and add to baked goods for flavor
- use as garnish for cocktail
- infuse water



4 BONES FROM CHICKEN, BEEF OR HAM

- save bones for later in the freezer to make homemade stock



5 VEGETABLE STALKS AND PEELS

- add chopped up stalks to soup or stir-fry
- blend up and add to a dip, sauce or hummus
- make a vegetable stock



(When in doubt: compost!)