

USE IT UP

FRITTATA



1 ½ cup
leftover
veggies

6 eggs



¼ cup
milk

¼ cup
leftover
cheese



Optional:
leftover deli
meat, fried rice, or
any other leftover
ingredients you
love and need to
use up!

DIRECTIONS

Preheat oven to 400° F. In large oven safe skillet, add chopped leftover veggies and optional ingredients. In a small bowl beat eggs and milk together then pour over the veggie/meat mix. Bake for 15-20 minutes until eggs are set.



SAINT PAUL
PUBLIC WORKS

Source: Lydia Campbell,
Saint Paul Public Works

Plan, Eat, Save: Food too Good to Waste

The average household of four could save \$1,500 per year by reducing their food waste.

Follow these tips to help save the food!



Smart Shopping: Shop your fridge and cupboards before heading to the grocery store. Then, plan meals that use leftovers and food you already have.



Smart Storage: The way you store food impacts how long it lasts, especially produce. Learn the best way to store foods by visiting our website.



Smart Prep: Prepare perishable foods as soon as possible after shopping, you'll make it easier to serve snacks and meals later in the week. Visit our website to see a video on food prep tips from Saint Paul College expert chefs.



Smart Saving: Be mindful of leftovers and old ingredients that need to be used up. Label food "Eat First" or create a "leftover shelf" when it is close to expiring as a reminder!



Smart Disposal: What about all that food that isn't edible? Don't trash it—compost it! Whether in your backyard or at a free drop-off site, composting food scraps is a great way to help reduce waste.

For tools and resources, visit stpaul.gov/foodwaste