



## EcoNugget

### Upcycle Your Food Waste

Repurpose leftovers into safe, beneficial products. It will reduce strain on landfills and offer nutritional perks (i.e. vitamins, minerals and plant-based compounds) to boost gut and immune health.

#### Try these clever ideas:

- Use leftover jar juices as marinades or dressings.
- Add cheese rinds to enrich soups.
- Turn stale bread into croutons or bread pudding.
- Simmer food scraps and bones into a master stock.
- Regrow cores of romaine, celery or onion greens.
- Grind eggshells for garden-friendly calcium.
- Make an orange peel-vinegar cleaning solution.

To learn more and for recipes go to:

[Upcycling Food Scraps: Creative Recipes and Ideas](https://www.bhg.com/recipes/how-to/food-scrap/) <https://www.bhg.com/recipes/how-to/food-scrap/>