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Fruits and Vegetables

Apples

- ◆ You can use soft or bruised apples. Cut the bruises off the apples. Cut moldy spots off. Use the apples in baking.

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Bananas

- ◆ You can use bananas with black skins. The banana fruit inside the peel is soft. You can mash the banana and use it for baking muffin or cakes. Do not use watery or moldy bananas.

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Berries

- ◆ You can use berries when they are soft. Use soft berries in jams, fruit sauces and baking. Do not use mushy or watery berries. Do not use berries with mold on them.

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Peaches and Nectarines

- ◆ You can use soft or bruised peaches or nectarines. Cut the bruises off. Cut moldy spots off. You can use soft over-ripe peaches and nectarines to make muffins or desserts. You can also use them in a sauce or jam. Eat the sauce or jam with toast.

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Rhubarb

- ◆ You can use wilted rhubarb. Put the wilted rhubarb in cold water. Leave the rhubarb in the water for 1-2 hours to make it crisp again. Cut the rhubarb into pieces. Use the rhubarb pieces in baking. Do not use slimy rhubarb with black spots.

Rhubarb Pudding	56
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Beets

- ◆ You can use hard and woody beets. Shred hard and woody beets with a grater. You can use the grated beets in soup.

Borscht	30
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Cabbage

- ◆ You can use wilted and soft cabbage. Use wilted or soft cabbage in soups or cabbage rolls. Do not use black, mushy cabbage.

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Carrots

- ◆ You can use soft carrots in soups, stews or as cooked carrots. Put soft carrots in cold water. Leave the carrots in the water for 1-2 hours to make them crisp again. Use them right away. Do not use moldy or mushy carrots.

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Celery

- ◆ You can use soft or wilted celery in casseroles and soups. Put soft celery into very cold water. Leave the celery in the water for 1-2 hours to make it crisp again. Do not use brown or black celery. Use the inside stalks if only the outside stalks are brown.

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Green Pepper

- ◆ You can use soft peppers in stir-fries, casseroles, soups and omelettes. Peppers that have moldy spots can be used. Cut the moldy spots off the peppers. Do not use peppers with large black, slimy spots.

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Lettuce

- ◆ You can use wilted lettuce. Put wilted lettuce into very cold water. Leave the lettuce in the water for a few minutes to make it crisp again. Do not use lettuce that is black and mushy.

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Mushrooms

- ◆ You can use soft and dark mushrooms. Do not use moldy mushrooms.

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Onions

- ◆ You can use black and moldy onions. You can cut the bad spot off and use the rest of the onion if it has only a little black mold or a small wet spot on the skin. Make sure you wash the onion, knife, cutting board and your hands before cutting the rest of the onion.

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Green Onions

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Potatoes

- ◆ You can use soft and green potatoes. Use soft potatoes in soups, stews or casseroles. Cut the black spots off the potato. Use the rest of the potato for cooking. Do not use watery potatoes.

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Pumpkin

- ◆ You can use soft or mushy pumpkin. Soft pumpkins need to be peeled and cooked. Use the cooked pumpkin right away in baking. Do not use moldy pumpkin.

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Spinach

- ◆ You can use spinach with brown spots or marks. Cut the brown parts off the spinach. Use the rest of the leaves right away. Do not use spinach with yellow, mushy or watery leaves.

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Tomatoes

- ◆ You can use soft or wrinkled tomatoes to make sauces, stews and casseroles. Do not use very mushy or moldy tomatoes. Do not use tomatoes that have dark bruises on them.

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Turnip and Rutabaga

- ◆ You can use soft turnips and rutabagas in casseroles or as a cooked vegetable. Peel soft turnips or rutabagas. Put soft turnip or rutabaga into very cold water. Leave the turnip or rutabaga in the water for 1-2 hours to make it crisp again. You need to use them right away.

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Zucchini

- ◆ You can use soft zucchini in soups or stews. You can also use soft zucchini in baking. Do not use mushy zucchini or zucchini with black, watery spots.

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Dairy Foods

Potatoes

- ◆ You can use cheese that has moldy spots. Cut off a thick slice of cheese to take off the moldy spot. Throw away the part you cut off. Do not use watery or slimy cheese. You can use cheese that has dry spots.

Fast Cheese Bread	22
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Grains

Bread Products

- ◆ You can use dry bread. Cut mold spots off the bread product. Use the rest of the bread.

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Pasta

- ◆ You can store cooked pasta in the fridge for up to 5 days. Use leftover pasta in casseroles, soups or salads.

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Rice

- ◆ You can store cooked rice in the fridge for up to 5 days. Use leftover rice in casseroles and desserts.

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Meat

- ◆ You can store cooked meat in the fridge or up to 5 days. Use leftover cooked meat in soups, casseroles and salads. Use meat bones to make soup. Never use meat that is off-colour or smells bad.

Chicken

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