

Food Trend: How to Utilize the Reject Food Left in Your Pantry



By [Courtney Shapiro](#)

It can be difficult to decide what to do with all of the food that doesn't really get used in your pantry. You don't want to let it go to waste because you spent money on it, but you also aren't really sure how to utilize the items. A helpful current [food trend](#) is finding ways to use the excess foods in your pantry so they don't get thrown away. Take a look at our [food](#)

[advice](#) on what you can do with the leftovers so your money doesn't go to waste.

Check out how you can use all of the food in your pantry

1. Make a soup or stew: Soups and stews can be made with a ton of leftover ingredients. Take a look in your pantry and gather up items that can be used in a big pot of soup. This is perfect if you have seasoning packets or extra cans of beans that haven't been used yet.

Related Link: [Food Trend: Pot Pies Are Back](#)

2. Donate to a local food bank: Sometimes it can be a struggle to eat every single thing in your pantry. If you know you aren't going to eat it, donate those things to food banks. Your food won't be going to waste, you'll be freeing up space, and someone in need will be getting a meal.

Related Link: [Food Trends: Floral Flavors Are The Next Big Thing](#)

3. Get creative: If you find a recipe, you pretty much can create anything ranging from dips and salads, to casseroles and more complicated dishes. Try to use the items you know you already own so you aren't going out and spending money. Some sites even let you search by specific ingredients, so research recipes with those items in the back of the pantry!

How have you utilized reject food in your pantry? Share with us in the comments!