



SAVE  MORE
THAN FOOD
MAKE A DIFFERENCE

SCRAP WRAP

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Get creative with leftovers and choose your own lunchtime adventure! ↴

1 CHOOSE YOUR WRAPPER

- Tortillas (flour or corn)
- Large lettuce leaves
- Flatbread or pita
- Regular bread (flattened with a rolling pin)
- Rice paper (soaked in warm water)



2 ADD A SPREAD

- Hummus, refried beans or other dip
- Cream cheese or soft cheese
- Leftover mashed potatoes
- Avocado or guacamole
- Mayo or mustard

4 ADD YOUR VEGGIES

- Lettuce scraps, spinach or salad
- Roasted vegetables
- Raw veggies (carrots, cucumber, bell peppers)
- Pickled or fermented veggies (pickles, sauerkraut, olives)
- Fresh herbs

3 LAYER YOUR PROTEIN

- Cooked meat (shredded or chopped)
- Lunch meat
- Hard-boiled or scrambled eggs
- Beans, lentils or chickpeas
- Tofu or tempeh

5 OPTIONAL EXTRAS FOR FLAVOR

- Hard or shredded cheese
- Rice or grains
- Nuts or seeds
- Dried or fresh fruit
- Hot sauce or dressing

EXAMPLES:

- A. Tortilla + cream cheese + leftover chicken + wilted lettuce + shredded carrots + ranch dressing
- B. Large lettuce leaf + hummus + leftover roasted vegetables + chickpeas + fresh herbs
- C. Flatbread + mashed avocado + scrambled egg pieces + leftover roasted potatoes + cheese scraps
- D. Flattened bread + marinara sauce + pepperoni + cheese + rolled into pinwheel and toasted