Fridge Forage Feast Challenge!

Search your fridge and pantry, turn what's already there into a meal or snack, then score your creation.

Challenge Rules

1. Make a meal or snack using foods you already have in your home.
2. Use foods that need to be eaten, take up too much fridge space, or you've had for a while.
3. Recipes can be inspiration, but use your creativity to make the dish your own!
4. Name your dish and score it with the Fridge Forage Feast Score Card below!

Score Card

Criteria	5 Points Ready for Chopped	3 Points Sous Chef	1 Point Foraging Freshman
Forage-ability	Used 1 or more items that were the oldest, took up lots of space, or food scraps.	Uses multiple food items already in the kitchen.	Forage fail: bought a new food item, or just reheated or reserved 1 food item.
Taste & Flavor	Delicious and now a family favorite that makes tastebuds dance.	Enjoyable, but some flavors, seasoning, or textures could improve.	Not a Flavor Saver. Foods don't work well together, or most of it becomes a new leftover.
Presentation	Beautifully arranged, colorful, neat, and Instagram ready.	Looks good but could use more color, pizzazz, or an edible garnish.	Served in the pot it was cooked in, or very beige.
Creativity	Food is art! Unique flavor combinations and presentation; creative use of ingredients or cooking methods.	Doesn't take enough risks and looks like every other Insta post.	Didn't I eat this last week? No big changes made to the original foods.
Nourish Score	Nourishes body and soul! Honors traditions, the season, or leaves you satisfied.	Includes a variety of food groups, but clogs an artery or doesn't satisfy.	Fiber flop. Has no fruits, vegetables, or whole grains.

My Feast

Fill in, cook, score!

Dish name: _____

Forage-ability	Taste & Flavor	Presentation	Creativity	Nourish	TOTAL
/ 5	/ 5	/ 5	/ 5	/ 5	**/ 25**