

Food Storage Tips

A FREEZER

- Freeze bread and put slices directly in the toaster.
- Most fruits and vegetables freeze well. Blanch and dry vegetables first. Spread fruits and veggies in a single layer on a pan, freeze, then store in air-tight containers for up to one year. Label and date.
- Freeze leftovers for a future meal.
- Freeze meat in single servings for easier prep.

B FRIDGE

- Store produce that wilts, like lettuce, in the high-humidity drawer.
- Store produce that gets moldy, like fruit, in the low-humidity drawer.
- The door is the warmest spot in the fridge; ok to store condiments there but not milk or other perishable items.
- Don't wash berries until right before eating.
- Keep fresh herbs and asparagus stem-side down in a glass of water.



C CUPBOARDS

- Store dried herbs, spices, grains, beans and cooking oil in a cool, dark, dry cupboard.
- The same goes for potatoes, onions and garlic; store potatoes and onions separately to prevent sprouting.

D COUNTERTOP

- Store produce like tomatoes, avocados and fruit on the counter until ripe, then store in the fridge.
- Store apples and bananas separately from other fruits to slow ripening (to ripen produce faster, put it in a paper bag with an apple).

MORE TIPS TO HELP FOOD LAST LONGER:

Create an "Eat This First" bin in your fridge and rotate in leftovers, partially used produce, etc.

Not sure what to do with that carton of soup? Find recipes to use up leftovers or unfamiliar ingredients at [foodhero.org](https://www.foodhero.org).

VISIT DontLetGoodFoodGoBad.org for more information.