

HOW TO MAKE Lettuce LAST 4X LONGER



DAY 1



Unwrapped



Wrapped in paper towel placed in ziplock bag



Lettuce crisper

{ Lettuce see WHAT happens }



DAY 28



Yuck!



Not BAD!



Looks GOOD!

HOW TO MAKE Carrots LAST LONGER



DAY 1



Unwrapped



Air tight container
lined with paper towel



{ Let's see
WHAT
happens }

DAY 29



Yuck!



Looks
GOOD!

LOVE
FOOD
hate waste

For more storage tips visit
lovefoodhatewaste.co.nz

HOW TO MAKE Salad Greens LAST LONGER



DAY 1

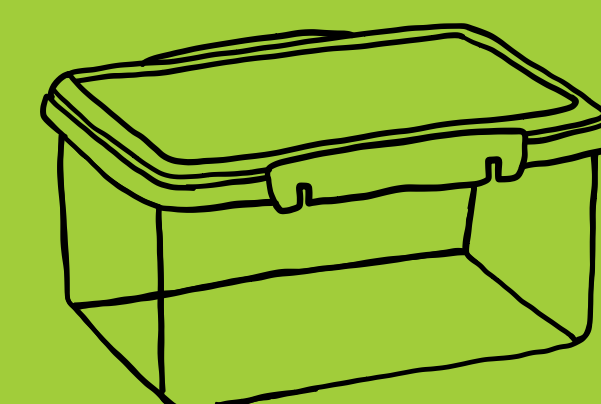


{ Lettuce see
WHAT
happens }

Open Bag



Air tight container



DAY 13



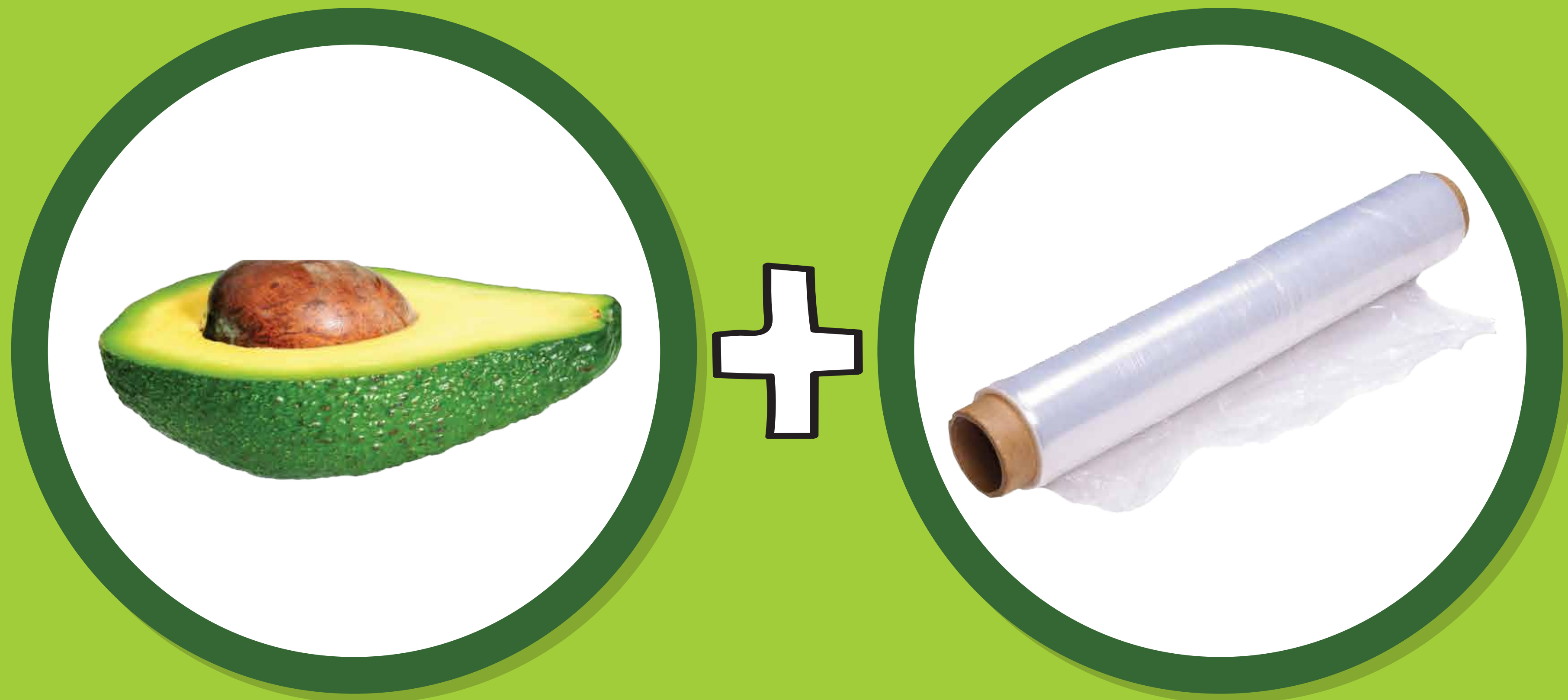
Yuck! That's how much
you would chuck out!

✓ Looks good!
Not much wasted here!

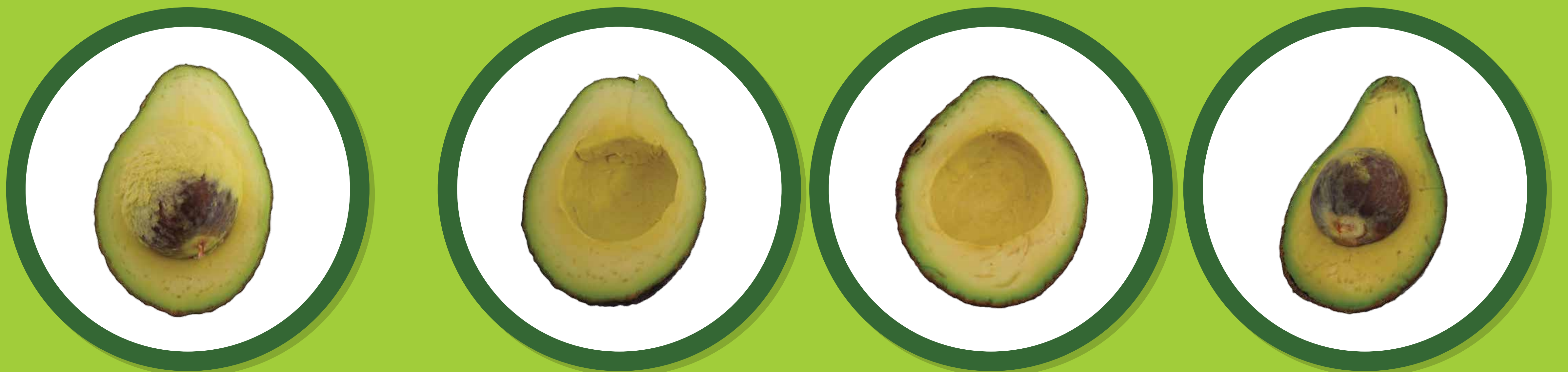
LOVE
FOOD
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HOW TO MAKE Avocados LAST LONGER



DAY 1

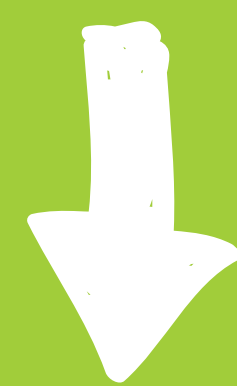


{ Let's see
WHAT
happens }

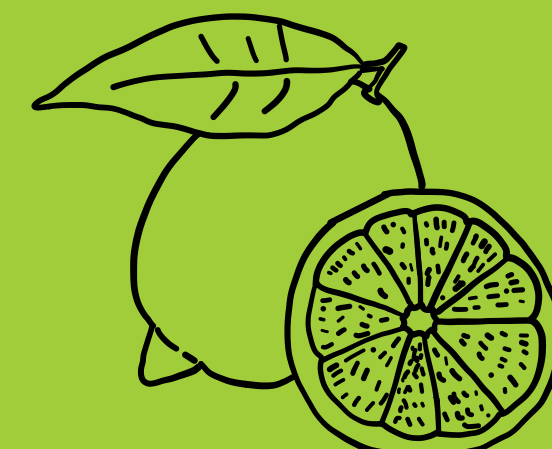
Wrapped in
cling wrap



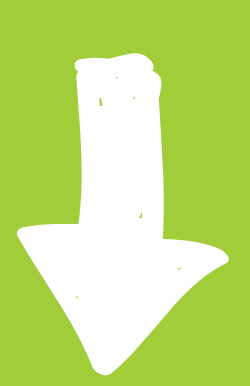
Unwrapped



Lemon juice



Olive oil



DAY 8



ZERO WASTE OPTION

Place cut side down in a small airtight container.



That's a
GOOD IDEA!

WHAT ABOUT THE STONE?

Always leave the stone in to protect the flesh underneath from the air.



LOVE
FOOD
hate waste

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