HOW TO MAKE **Lettuce** LAST 4x LONGER

**DAILY TIP**

1. **Unwrapped**
2. **Wrapped in paper towel placed in ziplock bag**
3. **Lettuce crisper**

**WHAT HAPPENS**

**DAY 1**

- **Lettuce**
- Unwrapped

**DAY 28**

- **Lettuce**
- Not BAD!
- Looks GOOD!

For more storage tips visit lovefoodhatewaste.co.nz
HOW TO MAKE Carrots LAST LONGER

Day 1

Let’s see what happens

Unwrapped

Air tight container lined with paper towel

Day 29

Yuck!

Looks GOOD!
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!

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HOW TO MAKE **Avocados** LAST LONGER

**WRAPPED IN CLING WRAP**

- Unwrapped
- Lemon juice
- Olive oil

**ZERO WASTE OPTION**

Place cut side down in a small airtight container.

**WHAT ABOUT THE STONE?**

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

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