

6

helpful FRIDGE HACKS



- 1 Keep it cool** – make sure your fridge is between 1°C and 4°C.
- 2 The door is the warmest part of your fridge**, so use it to store things like drinks and sauces, not your milk or cheese.
- 3 Have an ‘Eat Me First’ shelf** where you put food that other people can help themselves to like leftovers, food that has a short shelf and snacks for the kids.
- 4 Don’t overfill your fridge** as air needs to circulate in order to keep your food cold. If your fridge is too full, put some things into the freezer.

- 5 Not all food belongs in the fridge** – tomatoes, onions, potatoes and bananas definitely shouldn’t be kept in the fridge. Other items that don’t need to be kept cold include eggs and condiments like tomato or sweet chilli sauce.
- 6 Use your crisper drawers smartly** – keep your vegetables in one and your fruit in the other. This will ensure everything stays as fresh as possible.

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10 things you didn't know could be FROZEN



Freezers act as a 'pause button', preserving your food until you need it. In addition to items like bread, meat and leftovers, here are 10 items you can also freeze:

- 1 Cheese** – hard cheese freezes well (grated or in blocks)
- 2 Raw eggs** – make sure you separate the whites and the yolks first
- 3 Milk** – tip a little bit into your tea before freezing so it has room to expand in the bottle
- 4 Sauces and stocks** – use ziplock bags to freeze leftover sauces
- 5 Dairy** – cream, sour cream etc can be frozen but they will need to be used for cooking or baking once defrosted
- 6 Liquids** – leftover wine, coffee and coconut milk can all be frozen in ice cube trays
- 7 Baked goods** – such as cakes and biscuits last much longer in the freezer
- 8 Vegetables** – either blanch or cook fully before freezing so they retain their texture
- 9 Bananas** – peel and slice them before freezing
- 10 Cooked rice and pasta** – perfect for when you accidentally cook too much

Almost anything can be frozen with the exception of fruit and vegetables with high water content like lettuce, cucumber, watermelon and oranges.

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