

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.

To learn more ways you can save food and money visit lovefoodhatewaste.co.nz



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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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