**HOW TO MAKE YOUR VEGETABLES LAST LONGER**

**CARROTS**

Wrapping your carrots in an airtight container lined with a paper towel will result in them *lasting up to 10 times longer!*

**AVOCADO**

Wrapping your cut avocado tightly in cling wrap will result in it *lasting up to four times longer!* For a zero waste alternative, store it in an airtight container.

**LETTUCE**

Wrapping you lettuce in a paper towel and placing it in a ziplock bag, or placing your lettuce in a lettuce crisper, will result in it *lasting up to four times longer!*
Storing your salad greens in an airtight container will result in them **lasting up to two times longer**!

**SALAD GREENS**

Storing chopped celery in an airtight container lined with a paper towel will result in it **lasting for up to five days longer**!

**CELERY**

Wrapping your cut pumpkin in cling wrap will result in it **lasting for up to 4.5 times longer**! For a zero waste alternative, remove the seeds and then wrap in a beeswax wrap.

**PUMPKIN**

For more storage tips visit [lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)