# HOW TO MAKE YOUR VEGETABLES LAST LONGER

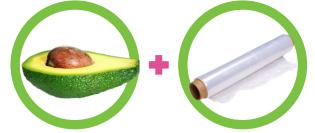
# HOW TO MAKE YOUR VEGETABLES LAST LONGER

## **CARROTS**



Storing 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**



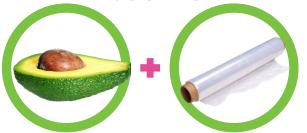
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## **SALAD GREENS**



Storing your salad greens in an airtight container will result in them lasting up to two times longer!

#### **CELERY**



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

## **PUMPKIN**



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.

For more storage tips visit lovefoodhatewaste.co.nz

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