

# Food Storage Guide A - Z

**A** Refrigerate apples to make them last longer. Apples last 8 times longer in the fridge than in the fruit bowl, so only place a couple of apples at a time in your fruit bowl.

**B**read is the most wasted food in New Zealand, so only buy what you need and use straight from the freezer. Toast from frozen or for sandwiches leave for 10 minutes to defrost, whizz into breadcrumbs if hard or a bit stale.

**C** Store carrots in an airtight container lined with a paper towel to stop them going limp and black. Revive limp carrots by trimming and placing in a glass of water until crisp.

**D**eli meats should be stored in an airtight container in the fridge. Slice and separate deli meats with parchment paper to freeze

**E**ggs are best stored in the fridge. To check for freshness place in a bowl of cold water: fresh eggs will sink, if it floats don't eat it!

**F**reezing food near its use by date is a great way to save food. Cook from the freezer at least once a week and use up frozen food within six months.

**G**et creative with leftovers and food that needs using up. Share your food saving creations with friends and family.

**H**oney is best stored in a tightly sealed container in the cupboard. Make sure to keep it cool!

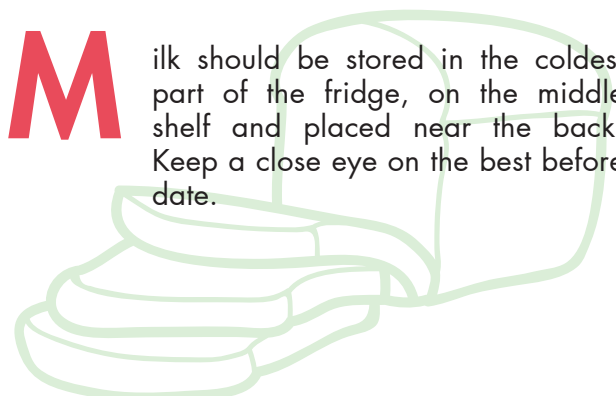
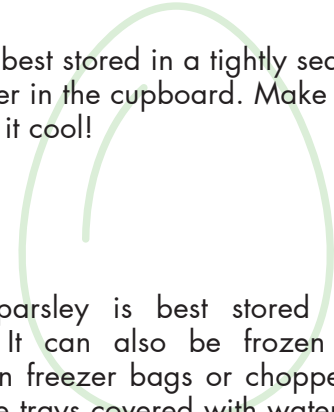
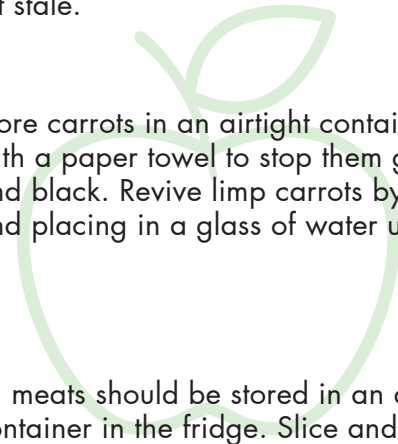
**I**talian parsley is best stored in the fridge. It can also be frozen either whole in freezer bags or chopped into ice cube trays covered with water. They can be cooked from frozen in casseroles, stews and sauces.

**J**uice or blend overripe fruit into smoothies and enjoy or freeze for another day.

**K**iwi fruit is best stored on the countertop until they are ripe. Once they are ripe they should be refrigerated to prolong their shelf life.

**L**ettuce will last longer in an airtight container, layered with a paper towel. Limp lettuce (plus any other greens) can be revived by placing in iced water for a couple of minutes to revive it.

**M**ilk should be stored in the coldest part of the fridge, on the middle shelf and placed near the back. Keep a close eye on the best before date.



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**N**ever waste food that could be eaten. Cook it, store it, share it ... just don't throw it away.

**O**nions should be stored in a cool, dry, dark place away from potatoes.

**P**eppers should be stored in the fridge. Always put capsicums and peppers that are cut open in a storage container or bag in the vegetable drawer – if your fridge has one.

**Q**uiches are a fantastic way to use up forgotten fridge foods. You can add pretty much anything, including potatoes, carrots and zucchinis.

**R**ice in a sealed container in your pantry. Store cooked rice in the fridge and eat within a few days.

**S**tone fruit that is ripe should be stored in the fridge to make them last longer. If they need to ripen, keep them at room temperature.

**T**omatoes should be stored at room temperature – refrigerating them affects their texture and flavour. If they have gone soft, use them for cooking.

**U**nderstand food labels. Food passed its best before date can still be eaten. Use by dates refer to food safety. Check what's in your fridge and the dates regularly.

**V**egetables do not always need peeling, try scrubbing instead and cook in the normal way - much more nutritious and less waste in the bin!

**W**ine isn't often left over. If it is, use for cooking or freeze in ice-cube trays to add to sauces at a later date.

**X**il Yang Cai (watercress) is highly perishable, so store it in a glass of water in the fridge, covering the leaves with a plastic bag – it can last a little longer that way.

**Y**oghurt should be stored in its original container in the fridge. If your yoghurt has gone watery, stir it to thicken it.

**Z**ucchini/Courgette should be placed in the vegetable drawer of the fridge, if you have one.