

Storing Food

- ✓ Before going shopping, **check** all your storing places. This will prevent from unnecessary food purchase.
- ✓ You can **optimise** your storing places/solutions.
- ✓ You can either make a list of what is in the larder and stick it on the door or display older food at first sight, so it can be previously consumed.

Do you know the best place to store your food?

If not sure, get informed:



Photo Credit: Voedingscentrum

TIPS TO REDUCE FOOD WASTE

Fridge

- ✓ Veggies: Artichokes, aubergines, asparagus, broccoli, carrots, celery, mushrooms, cauliflower, fresh herbs, lettuce, corn, turnips, leeks, radishes, peppers, salads ...
- ✓ Some fruits such as strawberries, raspberries, grapes ...
- ✓ Eggs (to keep them fresh for longer)

Fridge when ripe

- ✓ Fruits: apricots, melons, nectarines, apples, peaches, pears, plums, watermelons, and citrus fruits
- ✓ Tropical fruits: pineapple, kiwis, mangoes, avocados...
- ✓ Tomatoes



Room temperature/cupboard (No fridge needed)

- ✓ Garlic, (sweet) potatoes, onions in a cool and dark place
- ✓ Pumpkins, cucumbers, zucchini
- ✓ Bananas & whole pineapples
- ✓ Canned and dry food before opening
- ✓ Bread: in its wrapper or bread box



Planning your meals helps you to avoid unnecessary purchasing, empty your stocks and save money!

Fridge

The optimal fridge **running temperature** should be from 0°C to 5°C (WRAP report)

Try **not to overcharge** your fridge; otherwise the air cooling won't circulate properly

Tide up your fridge! Older food should come at first sight to be consumed beforehand

Never store food in **open cans** in the fridge; put it in a container.

Keeping food in an **air tight container** will enlarge its freshness: cheese, half consumed cans...

Always check your **use-by dates**, because they refer to safety

Follow storing instructions when displayed.

Veggies at the bottom of the fridge may not look good, but can become a part of a great soup! (**Leftover cooking**)

Freezer

The optimal **running temperature** should be from -18°C to -9°C

Is a **great storing option** because it preserves food properties

Remember **not to freeze twice!**

Less air means better preserved

Not all meals are suitable to be frozen:



Remember!
Never put meals in the fridge when still warm, as it will increase your energy consumption.
Let them cool for a while.

YES

- ✓ Soups
- ✓ Sauces
- ✓ Meat / Fish
- ✓ (Sliced) bread

NOPE!

- ✗ Fruits
- ✗ Some veggies
- ✗ Dairy products (not recommended)

Tip for freezing

If you want to extend the life of food beyond its use-by date just freeze it. When you wish to consume it just defrost it and cook it within 24 hours.

Cupboards

Best place to store food packed in cans, jars, rice and dried pasta before opening:

Check your date labels and put older cans at the front of the shelf to be consumed first.

Never store open cans in the fridge, first put the food in a container!



Main source: Love Food Hate Waste

Love your fridge and waste less (lovefoodhatewaste.com/content/love-your-fridge-and-waste-less),

Fridge freezer essentials (england.lovefoodhatewaste.com/content/fridge-freezer-essentials),

Store cupboard essentials (england.lovefoodhatewaste.com/content/store-cupboard-essentials-3).