

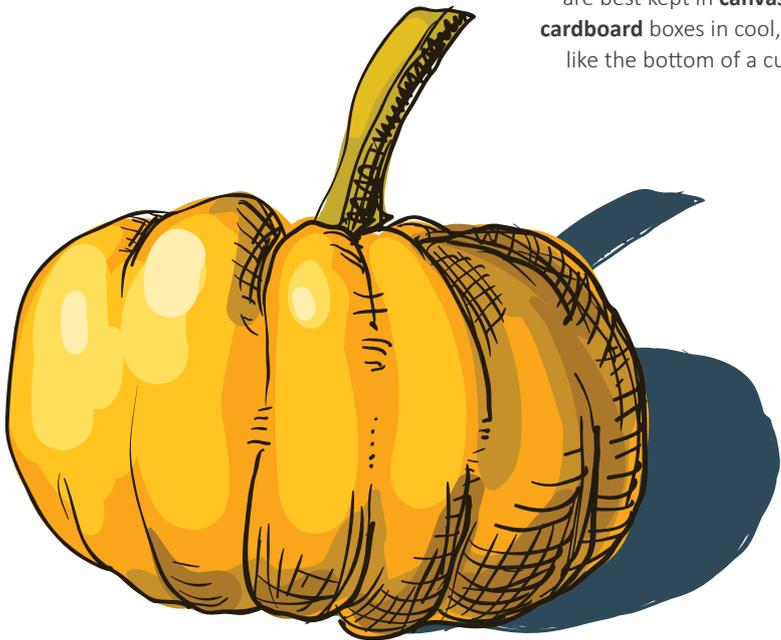
# HOW TO STORE FRESH FOOD SO IT LASTS

Every year, Australians throw away **\$2.67 billion worth** of fresh food, largely because we don't get around to cooking and eating it before it expires.

Cut these cards out and keep them on your fridge or pantry door to remember how to best store your fresh produce to make it last.

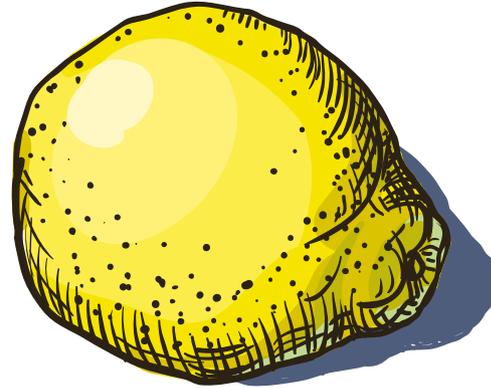
## Tip 1.

**Don't put potatoes, pumpkin and onions in the fridge** – these are best kept in **canvas bags** or **cardboard** boxes in cool, dark areas like the bottom of a cupboard.



## Tip 2.

**Squeeze fresh lemon juice** over cut **avocados** and store them in containers to stop them from browning. Even if they do brown, simply scrape that layer off and it'll still be green underneath.



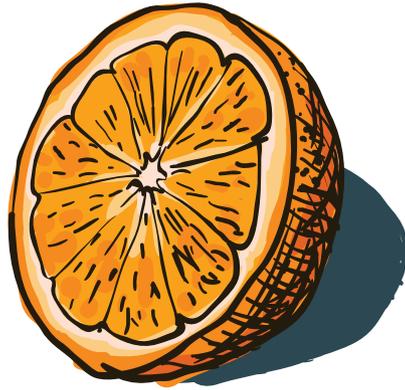
## Tip 3.

**Carrots, cucumbers, capsicums, broccoli and asparagus** keep best in **containers in the fridge** – don't leave them exposed to the drying effect of the fridge even if in the crisper.



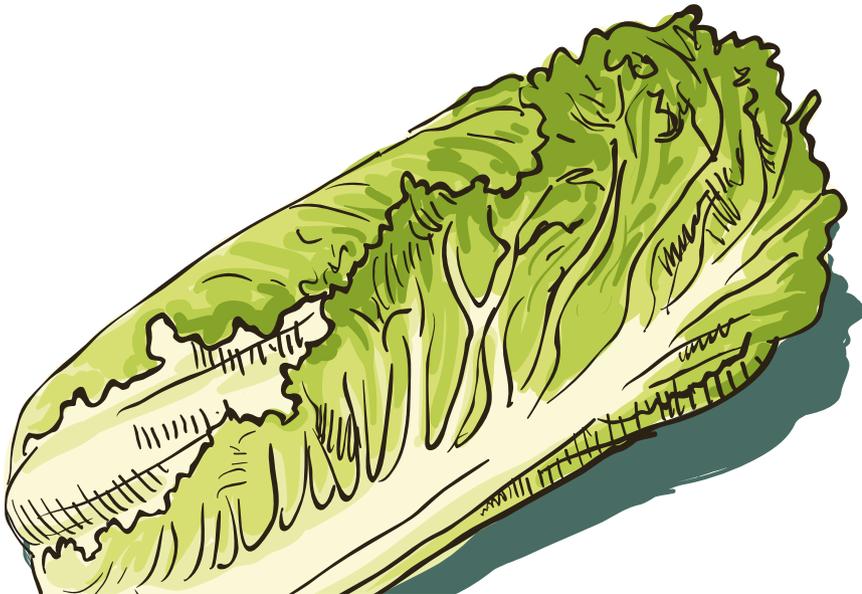
*Tip 4.*

**Citrus fruits** and **apples** keep best in the fridge in canvas or hessian bags.



*Tip 5.*

**Wash and dry** lettuces thoroughly before placing in a sealed container or salad spinner and keeping in the the fridge.



*Tip 6.*

**Keep leafy greens** like **kale** and **silverbeet** in a vase of fresh water, as you would with flowers. Trim the base of the stems every few days.

Bonus is they look pretty!



*Tip 7.*

**Cut up** fruit such as **watermelon**, **pawpaw** and **rockmelon** and store in containers in the **fridge**. This makes it easier to eat on the go and ensures it will keep for longer.

