

REDUCE YOUR FOODPRINT >

Caring for the food we buy will maintain its taste, texture, nutritional value, reduce waste and save you money! Learn how your fridge, freezer, cupboards and cold room can make the foods you love last. The 'Best Before' chart provides information on food storage times so you can gauge how much to buy. Print this and post it on your refrigerator!

Foods in the Refrigerator

Air in refrigerators is dry and removes moisture from produce causing it to go limp, but storing it in crisper drawers helps reduce this. To further protect your fresh fruit and veggies use a plastic bag, airtight container or glass jar.

Vegetables	Storage Method
Asparagus	wrap ends in damp towel or stand in water, cover loosely with a plastic bag
Beans, Broccoli, Brussel Sprouts,	wrap in a plastic bag and store in the crisper
Cabbage, Carrots, Cauliflower,	
Celery, Cucumbers, Parsnips,	
Peppers, Radishes, Zucchini	
Eggplants	store in the crisper without a plastic bag
Fresh Herbs	wrap in towel in plastic bag or stand in water, loosely covered
Ginger, Mushrooms	store in paper bag in the crisper
Leafy Greens	wash and spin dry then wrap in a towel in a plastic bag in the crisper
Vegetables, canned	once opened transfer to an airtight container and store in the fridge
Fruit	Storage Method
Apples	store in a plastic bag or sealed container in the crisper
Apricots, Nectarines, Peaches,	store ripe fruit in single layer on a fridge shelf
Plums	
Blackberries, Blueberries,	store in single layer on a tray covered with a towel on a fridge shelf
Raspberries, Strawberries	
Cantaloupe, Honeydew Melon,	store whole and unwrapped, or cut and wrap in a plastic bag in the fridge
Watermelon	
Cherries	store uncovered in a bowl in the fridge
Grapes	wrap loosely in a plastic bag or towel in the crisper
Fruit, canned	once opened transfer to an airtight container and store in the fridge
Dairy & Tofu	Storage Method
Cheese, hard	remove from plastic then wrap in clean cotton cloth, store in an airtight container
Cheese, soft	remove from plastic and store in airtight container
Tofu	once opened transfer to an airtight container, submerge in water
Nuts & Coconut	store in a jar in the fridge or freezer

Foods in the Freeze

Freezer burn happens when food is exposed to air, causing drying and oxidation. While it changes the texture it does not make the foodd unsafe to eat. Use these foods in soups and stews where the liquid will help to rehydrate. To prevent freezer burn make sure the packaging is airtight and all air is removed. Date and label all packages before you freeze them!

Vegetables	Storage Method	
Ginger	cut in pieces and store in a sealed plastic bag	
Asparagus, Carrots, String Beans	blanch* 1 minute and freeze (*see tip below)	
Cauliflower florets, Corn on the Cob blanch* 2-3 minutes and freeze (*see tip below)		
Fruit	Storage Method	
Avocados, ripe	wash, skin, cut in half, remove pit, seal halves in airtight bag	
Fruit, Berries, Cherry Tomatoes,	line up fruit on parchment paper lined baking sheet, freeze until solid, transfer to freezer bags,	
Tomatillos with husks, Cherries,	remove air, seal and label.	
pitted, Plums, halved & pitted		
Dairy	Storage Method	
Butter	cut into serving sizes, rewrap in original wrapper and freeze	
Milk	freeze in a closed container	
Prepared Foods	Storage Method	
Bread	slice, put in freezer bags, remove air, seal and freeze	
Meat, Poultry, Fish	wrap in butcher paper, seal with string or butcher tape, date and label, freeze	

Foods on the Counter/in the Cupboard			
Apricots, Cantaloupe, Honeydew	store at room temperature until ripe		
Melon, Nectarines, Peaches,			
Plums, Watermelon			
Dried Goods	store in airtight containers		
Romaine Lettuce, Green Onions	can be stored on the counter in water like flowers. Pick leaves from the outside, more grow from the heart.		
Tomatoes	store on counter until ripe, away from direct sunlight		

Foods in a Cold Room or Cellar		
gas		
gas, and away		
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How to Re-hydrate

Limp veggies with stalks, like celery, parsley, broccoli, cauliflower, kale, Swiss chard and lettuces can be revived: cut a small amount off from the root-end, soak in lukewarm water for half an hour or more, then refrigerate. Leafy greens can be stored in a salad spinner: if your spinner has a bowl without drainage leave a little water in the bottom below the strainer (make sure the greens aren't sitting in it). With the lid closed the spinner creates a micro-environment to keep greens cold, but not dry them out!

How to Blanch

Blanching equipment: large pot, 6-8 trays of ice cubes, clean sink, slotted spoon. Process: wash and cut veggies while bringing a large pot of water to a boil. Fill sink half full with water and ice cubes. Using the slotted spoon put small batches of veggies into the boiling water (no more than 1/2 kilo). Once blanched, remove veggies and plunge into the cold water bath. While one batch cools add another to the pot. Drain cooled veggies on a clean towel. Freezing method: line up on parchment paper-lined baking sheet so they don't touch, freeze until solid, scoop into freezer bag, remove air, seal and label!