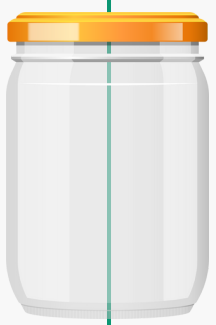


MAKING FOOD LAST LONGER

What You Can Do

Store food in a glass container



Organise by expiration date



Freeze things

Grow your own Herbs



Label and date all foods

Cook stews, soups with ugly vegetables



Make smoothies or freeze fruits

Hang Bananas



What You Can't Do

Do not store food open



Don't expose open, cut, cooked foods to room temperature



Do not put new food to the front

Don't overfill your fridge



Don't chop vegetables or fruit unless using

Don't wash fresh vegetables before storing

