

STORE IT FOR GOOD

Canberra bins are one third full of food waste. Your first step is easy.

HERE ARE SOME TIPS TO KEEP YOUR FOOD FRESH FOR LONGER



BREAD SHELF LIFE - 2-5 DAYS

Keep bread in a dark place such as the pantry or a bread box, in an airtight container, or store in the freezer.

TIP Stale bread? Great for breadcrumbs. Toast bread straight from the freezer.



CELERY SHELF LIFE - N/A

Wrap the root end of the celery in a paper towel and then wrap the whole celery in foil. Keep chopped celery in an airtight container lined with a paper towel.

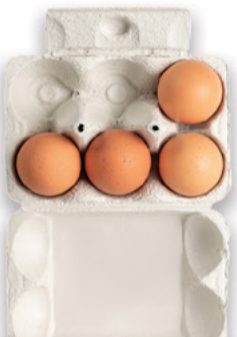
TIP Celery leaves? Use these in place of parsley. Plant the base of the celery to regrow more.



POTATOES SHELF LIFE - UP TO 1 MONTH

Potatoes should be stored in a cool, dry and dark place, like a cupboard. They should be stored away from onions.

TIP Cooked too many potatoes? Freeze them and roast straight from the freezer - pop them in the oven with a little oil to crisp up.



EGGS SHELF LIFE - UP TO 3 MONTHS

Eggs will last longer if stored in the fridge.

TIP To test if an egg is fresh, place it into a glass of water. If it sinks, it is fresh. If it floats, it has gone off.



AVOCADOS SHELF LIFE - UP TO 1 WEEK

Store at room temperature to ripen, once ripe, refrigerate. Once cut, leave the stone in, wrap tightly and store in the fridge. Mash or puree the flesh with lemon juice and freeze in a small container, or ice cube tray.

TIP Want avocado now? Place it in a paper bag with an apple or banana to ripen.



MEAT SHELF LIFE - N/A

Meat needs to be kept cold at all times - so either refrigerate it and cook it before its use-by date or freeze it.

TIP Keep on the bottom fridge shelf to avoid leaking onto other items, sealed well to prevent leakage.



PUMPKIN SHELF LIFE - UP TO 1 MONTH

Wrap it tightly and place it in the fridge. It doesn't matter if you leave the seeds in or take them out. If you don't want to use cling wrap, you can wrap it in a beeswax cloth.

TIP Whole pumpkin? Keep somewhere cool and dark.



ONIONS SHELF LIFE - UP TO 1 MONTH

Store in a cool, dry, dark place away from potatoes - they will cause each other to sprout! Store chives, spring onions and leeks in your fridge crisper.

TIP Only need 1/2 an onion? Chop up the rest and freeze - they can be cooked straight from frozen.



YOGHURT SHELF LIFE - UP TO 2 WEEKS

Store yoghurt in its original container in the fridge. If it looks like it has gone watery give the yoghurt a good stir and it will be fine to eat again.

TIP Mix with fruit and freeze to make ice blocks!



BANANAS SHELF LIFE - UP TO 1 WEEK

Bananas should be kept out of the fridge and away from other fruits.

TIP Bananas too ripe? Peel them and freeze them; use them for smoothies or baking.



APPLES SHELF LIFE - UP TO 2 WEEKS

Keep them crunchy! Refrigerate apples to make them last longer. Keep apples separate from vegetables in your fridge.

TIP Soft or floury? Use in a pie or smoothie!



LETTUCE SHELF LIFE - 1-2 WEEKS

Lettuce crispers are best. Wrap whole lettuce, or loose leaves, in paper towel and store in an airtight container.

TIP Limp lettuce? Place it in iced water for a couple of minutes to revive it.

YOUR FRIDGE TEMPERATURE SHOULD BE SET AT LESS THAN



MILK & NON-DAIRY MILK SHELF LIFE - USE BY DATE

Try to avoid storing in your fridge door as that is the warmest part of the fridge. Freeze small quantities of milk before the 'use by' date. Defrost in the fridge overnight and use within 24 hours.

TIP Milk goes off quickly, keep an eye on the use by date



HERBS AND GARLIC SHELF LIFE - UP TO ONE WEEK

Keep long stem herbs in a glass with some water, and short stem herbs in a sealed container between layers of damp paper towel. Keep garlic in a dark, cool and dry place when unpeeled. Freeze basil leaves to crumble into sauces, soups and cooked dishes.

TIP Freeze garlic butter in an ice cube tray to use later, adding any leftover herbs.

THE CRISPER DRAWER AND BOTTOM SHELF ARE THE COLDEST PART

For information on food safety, go to www.health.act.gov.au/businesses/food-safety-regulation/food-safety-training-and-resources

For ideas on how you can reduce your food waste, help the environment and save money, visit www.act.gov.au/foodwaste