

# Food storage tips to help food last longer

Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe that effective food storage can help your food stay fresher for longer



## Help your food stay fresher for longer...

It can feel like a race against time to use up fresh ingredients before they go bad. Simple storage techniques can help prolong freshness and shelf-life and prevent foods going to waste.

Effective food storage techniques



### 5 fridge freshness tips

- 1 Ensure fridge temperature is below 5°C
- 2 Use practical storage containers
- 3 Stock-take & remove over-ripe foods before they spoil the rest
- 4 Re-hydrate limp veggies and fresh herbs
- 5 Freeze what you can't use



Effective storage methods can extend the life of many fresh and dry goods and help you save on waste and money. Heat is one of the quickest ways that foods spoil so check the ambient temperature in the kitchen, pantry or cupboards where foods might be stored. Another spoiler is air (leaving things open!) so air-tight containers or re-usable jars are really handy to store dry goods that might degrade or spoil such as nuts, seeds, herbs and spices. Direct sunlight can degrade vegetable oils and other fats so consider storing these inside cupboards rather than on shelves or kitchen surfaces.

How to store & safeguard your foods



Rotate & refresh



Temperature check



Store carefully