



Keep it fresh

STEP
5

Storing food correctly will help you:

- keep food fresher for longer
- reduce your grocery bills
- preserve food nutrients



Smart ideas

- 1 Follow the instructions on packaging to help store food correctly.
- 2 Use airtight containers, freezer bags or bag clips to keep food fresher for longer.
- 3 Store leftovers in the freezer if they won't be eaten within 2-3 days.
- 4 Keep herbs fresh by storing them in a loosely covered jar of water in the fridge.

Smart actions

- ✓ Invest in quality airtight containers.
- ✓ Store food in family or single sized portions.
- ✓ Pop a paper towel into containers of leafy greens to absorb excess moisture and help keep them fresher for longer.
- ✓ Extend the shelf-life of most fresh or cooked foods by freezing them.

Great work!

Storing food right helps it last longer. Now you're ready for Step 6.



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