

TIPS TO AVOID WASTE AND ENSURE SMART EATING

If you are purchasing larger quantities than are called for in the weekly meal plan, follow these tips to ensure proper storage and prevent food spoilage.

FRUITS & VEGETABLES

Vegetables require the proper care to prevent spoilage. Tomatoes and potatoes are best stored at room temperature, while vegetables like lettuce, cucumbers and carrots should be placed in refrigerator crisper drawers.

To prevent premature ripening, keep avocados, pears, bananas and tomatoes apart from apples, broccoli, lettuce and potatoes.

Keep frozen and canned produce on hand so they're ready to use when you need them. For best taste and quality, use frozen and canned produce before the "use by" date.

To prevent premature spoilage, fresh berries should get a good rinse, just before usage.

Rinse and dry leaf lettuce and store in plastic bags for up to one week.

BREADS & CEREALS

Store extra breads and rolls in an airtight container or storage bag; place in the freezer and defrost as needed.

Keep cereal fresh by storing in airtight containers instead of rolling down the bag.

SNACKS

Keep crackers in storage bags or airtight containers to prevent them from becoming stale.

Store nuts in the freezer to prolong shelf life.

BEVERAGES

If shopping for one, purchase single-serve juice containers to avoid waste and ensure variety. If purchasing for a family, consider bulk sizes of shelf-stable juices to save refrigerator space.

FROZEN PREPARED FOODS

Frozen prepared foods offer flexibility whether prepping for one or a whole family. If cooking for a family, look for multi-serve varieties that accommodate your family's size.

