

# Storage

Storing your food properly is one of the easiest ways for your household to save money.

Get your food storage right and you could reduce the average \$1000 a year that Aussies spend on the food they throw away.



## The Fridge

DO

- Keep all ready-to-eat foods **visible** and in your line of sight.
- Use **clear airtight containers** to store your leftovers.
- **Stack upwards** rather than pushing items backwards.
- Store ready to eat foods **above** raw foods.

DO NOT

- Over pack your fridge. Your fridge has to work harder to keep your food cold and it's easy to lose track of what you already have.
- Store potatoes, onions or tomatoes in the fridge. These common vegies are best kept at room temperature, away from direct sunlight.
- If you need to put ripened fruit in the fridge, store in airtight containers away from your vegies so they don't shorten the lifespan of your crisper items.

## The Freezer

DO

- Freeze **excess foods** (such as bread, cakes and cheeses) or liquids (such as pasta sauce & stock)
- **Label** the date you freeze your leftovers and consume within 3 months for best condition.
- Freeze foods in the **amounts** you'll defrost and serve them in.
- Store in **airtight containers or thick freezer bags** to prevent dehydration and freezer burn.

DO NOT

- Over pack your freezer.
- Put hot foods directly into your freezer. Cool foods in your fridge first, then transfer to the freezer.
- Eat foods which may have defrosted and refrozen in your freezer – this is a serious food safety hazard.

## The Pantry

DO

- Store dry goods in **clear, airtight containers**.
- Know the difference between **'best before'** and **'use-by'** dates. While foods shouldn't be consumed after a 'use-by' date, a 'best before' date is simply an indication of when a food is at it's best. Many dried and packaged goods are still fine to eat after this time. The only items you can't eat after their best before date are eggs.

DO NOT

- Avoid storing opened dry goods in their original packaging where they might be susceptible to weevils. Otherwise, ensure you seal the packaging to keep it airtight.

Learn how to store smart at [DoSomething's Foodwise.com.au](http://DoSomething's Foodwise.com.au)

