

Food storage tips

Simple steps to keep food safe



Best-before and use-by dates

Best-before date

Freshness, flavour and nutrition are best before this date. You can use a food after a best-before date, but it is a good idea to check the look, taste and smell before you eat it.

Use-by date

You must use the food before the date listed, as the food can spoil with harmful bacteria. These bacteria DO NOT always smell, look or taste off or bad.

Keep in the Fridge

If food is meant to be kept in the fridge, and it gets to room temperature, it may become harmful to eat. If this happens, do not eat and throw the food away.

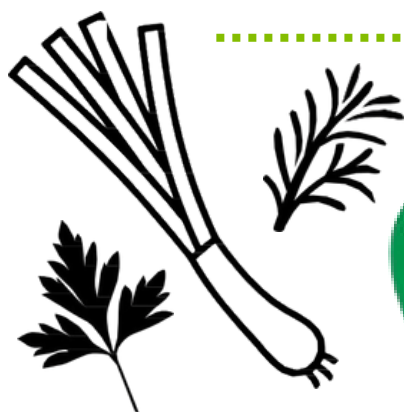
How to store...

Soft leafy vegetables

- Remove all rubber bands and plastic packaging.
- Wrap in a CLEAN cloth or paper towel and place in a container or clean plastic bag.
- Try not to store heavier items on top.
- If leafy vegetables have become too soft, make them crunchy again by placing them into cold water for ten minutes.



Best to eat
within
5-7 days



Best to eat
within
1-2 weeks*

Herbs and spring onions

- Wrap in a CLEAN cloth or paper towel and place in a container or clean plastic bag.

*heartier herbs like rosemary and thyme last longer.

Broccoli, cauliflower and carrots / other root vegetables

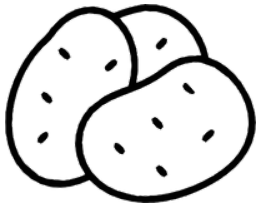
- Keep separate from other vegetables. Wrap in clean plastic bags or containers with CLEAN cloth or paper towel.



Best to eat
within
1-2 weeks



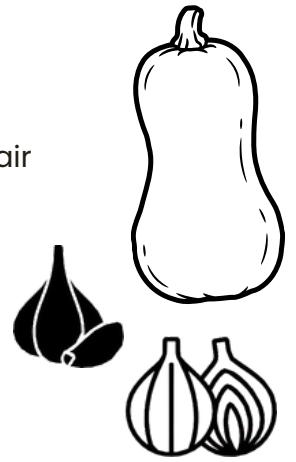
Food storage tips (cont.)



Best to eat
within
2-3 weeks*

Potatoes, garlic, other onions, pumpkins

- Store away from sunlight in a cool, dark, dry place, with air flow, such as in paper bags.
- Store potatoes and onions away from each other.
- Do not wash potatoes until you are ready to eat them and save time and waste by leaving the skin on.
- Whole pumpkin can stay out of the fridge. Place cut pumpkin in a container or food wrap and in the fridge.



Eggs

- Store in the fridge.
To check if eggs are safe to eat, place them in water. If the egg floats it is likely bad.
- Some may say room temperature is okay, but fridge is best.



Milk, cheese and yoghurt

- Store on fridge shelves rather than on the door, as this is the hottest part of the fridge. This can help these foods last longer.



Leftovers

- Store leftovers in containers on a high shelf at the front of the fridge so you are more likely to see them and use them first.
- In the fridge: best to eat within 3-5 days.
- In the freezer: best to eat within 3 months.
- When reheating, if using the microwave, place food into a microwave safe container and heat until the food is boiling hot. If using the stove top, remove food from the container and place into a saucepan. Heat completely through by boiling for 2 minutes.
- If defrosting, defrost overnight in the fridge or use the microwave and then cook straight away.



Raw meat and fish

- Store at the bottom of your fridge wrapped or in sealed containers.
- In the freezer these can last for up to 3 months.

Flours, rice, cereals, wholegrains, crackers, nuts, seeds, nut butters

- Store in an airtight container in the cupboard or in the fridge.
- Nuts and seeds last longer in the fridge.



Grocery Shopping tips

Useful suggestions to save money



Before...

TOP TIP

Avoid grocery shopping on an empty stomach!

- Plan a few meals and plan for when you might not be eating at home.
- Find recipes that are like your favourite takeaway that are still quick to cook.
- Check what's in season – check out the Eat Well Tasmania website.
- Check your garden or a community garden for fresh produce.
- **Check what you can use up from your fridge, freezer and cupboard and plan meals around those ingredients OR use an app, such as Supercook to help with ideas.**
- Plan a few meals with flavour in mind, such as using up ginger and soy sauce to make a stir fry. This means you may need to purchase only the meat and vegetables.
- Ask who is eating with you to pick a meal.

Use a shopping list app such as Bring! Then you will never forget your list.



During...

TOP TIP

Compare the product price per 100 grams or litre (not the ticket price) to get the best value.



- Keep to your list – visit the areas you need only.
- Frozen and canned vegetables are healthy options to save money.
- Look for what is on sale from your list. OR swap to what IS on sale.



After...

- Rotate old food to the front of your fridge, freezer and cupboard to use first. Store new food at the back.
- Divide fruit, vegetables and meat into portions and place into bags or containers to last longer.



TOP TIP

Cook in bulk as it saves time, only requires a few more ingredients and allows you to have healthy meals ready to go during the week which all saves money.