

MORE MEALS



LESS WASTE

Proper Food Storage

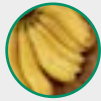
An estimated 1.4 million of our neighbors struggle with food insecurity, while 30%-40% of the food supply is wasted. Please help to stop food waste! By knowing the handy storage tips shown below, you can properly store the food you buy — so none of it ends up being thrown out.

WHEN TO REFRIGERATE

Most fruits and vegetables should be refrigerated. It helps them last longer. And it usually makes them taste better. However, there are some exceptions.



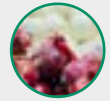
Tomatoes taste best if they're not refrigerated. Cold storage can cause them to become grainy.



Bananas should not be refrigerated unless they're fully ripe. And then they should be used within one or two days.



Apples, mangoes and stone fruits (plums, peaches, etc.) can be stored at room temperature if they are very fresh.



Hardy vegetables like onions, potatoes and winter squash can be stored in cool, dark places (instead of in the refrigerator's cooler section.)

PROPER TEMPERATURES



DRY STORAGE

- Temperature should be between **50° – 70° F.**
- Rotate stock so that older foods are distributed first.



REFRIGERATOR

- Temperature should be between **32° – 40° F.**
- Leave space for air to circulate between items.



FREEZER

- Temperature should be **0° F.**
- Freezer can be as cold as **-20° F** if you have something like ice cream in it.

HOW TO STORE DRY GOODS

- Store cans and boxes off the floor and 18 inches away from the wall in a clean, dry and cool area.
- Extremely hot (over 100° F) and cold (below 30° F) temperatures can damage canned goods and make them go bad.
- Always rotate your stock. Use older products before newer ones.



DISCARD CANS AND JARS WHEN:

- They are dented, leaking, stained, rusty or cracked.
- Safety seals/lids are loose, broken or missing.
- The food inside has changed color or has an odor – never taste suspicious foods!



DISCARD BOXES WITH AN INSIDE BAG WHEN:

- The bag is torn, leaking, moldy or has foreign objects inside.
- The bag's seals are ripped.

DISCARD BOXES WITHOUT AN INSIDE BAG WHEN:

- The box is open, torn, stained or wet.

Shelf Life Guide

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