Storing food for safety, freshness and longevity

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Key points:

- Knowing how to store your food can help it stay fresh for longer.

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Knowing how to store your food can help it stay fresh for longer. Here are some top tips on how to store foods in your fridge and pantry.

Vegetables

Place foods like onion, potato, garlic and ginger in the pantry. Store vegetables in the crisper at the bottom of your fridge. To prevent wilting, carrots & celery can be stored in water. To prevent waste, older vegetables can be diced and stored in the freezer in an airtight container to be used later in soups, stews and curries.

Fruit

Put apples, berries and grapes in the crisper at the bottom of your fridge. Place fruits like bananas and citrus in a bowl on the table or kitchen bench. Stone fruits can also be put in the fruit bowl on the table to ripen, then transferred to the fridge. Most fruits can also be stored in the freezer.

Meat and dairy

Store meat, dairy and eggs on the bottom shelf. Put extra meat in the freezer to use later.

Grains and canned foods

Place grains like rice and pasta in the cupboard. Cans can also go in the cupboard in a cool, dry spot.