

Whether you have over bought certain foods or built up a range of go to items, be sure to store them well and make them last with these storage tips.

In the pantry

- Store opened boxes of breakfast cereal, crackers and biscuits in an airtight container. This will not only prevent them from going stale quickly but also minimise the risk of kitchen pests such as ants and pantry moths from invading your food.
- If you don't have enough containers for all of your opened packets then invest in some handy bag clips.
- Keep your potatoes and onions separate in a dark corner of your pantry. If they are stored together then the potatoes will sprout and soften.
- Once opened, store sauces, preserves and jams in the fridge as per the label direction.



In the fridge

- Always store raw meat at the bottom of the fridge to prevent juices from dripping onto other foods.
- Store vegetables in the crisper, separate from fruit, with plenty of air circulation. Vegetables love containers with a vent.
- Soft cheeses such as ricotta or cream cheese and dips have a shorter shelf life once opened. Always read the advice on the label.
- Eggs should be stored in the fridge and best to keep them in their carton to reduce moisture loss. Fresh laid eggs can last up to one month in the fridge.
- If you are the type to go through your milk quickly, then storing inside the door of the fridge is fine. However if you have bought a big bottle to last you longer, then best to store it in the body of the fridge which will be colder.
- Leftover meals can be stored in airtight containers for up to 3 days. If you don't intend to eat them within 3 days then store them in the freezer. For pregnant, elderly and people with compromised immune systems, leftovers should be consumed within 24 hours.

In the freezer

- Prevent freezer burn by packaging your food in airtight packages. Use freezer bags or zip lock bags and squeeze out as much of the air as possible. Frozen meat will last 3 months.
- Freeze leftovers in a heavy-duty airtight plastic container with a little space left on the top to allow room for the food to expand while freezing. Remember to label it with contents and date.
- Bread freezes really well making it last longer. Place it in the freezer in the bag it came in from the store and then only take out as many slices as you need.
- If you are planning to freeze a lot of things at once then be sure to leave a little space between packages so air can circulate freely. Then, when the food is frozen, store the packages close together.



Want more information?

Check out the [ACT Nutrition Support Service](http://www.actnss.org) website for budget friendly recipes & ideas

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