

# #kitchenhacks

## FRIDGE

- Line your fruit/vegetable drawers with paper towels to absorb moisture. This will slow wilting.
- Wrap your fresh herbs in paper towels and then loosely in plastic wrap, leaving the ends exposed.
- When fresh herbs start to wilt, chop or blend them in water or oil, and freeze in ice trays.
- Extend the life of salad greens: store them in a container lined with paper towels.

## PANTRY

- Potatoes, onions, garlic and squash should be stored in your pantry and not in the fridge.
- Add an apple to your stash of potatoes to prevent sprouting (this seems counterintuitive to the tip below but it's true, we promise.)

## COUNTERTOP

- Don't wash, cut or peel fruit until you're ready to eat.
- Fruit like apples, pears, peaches and bananas give off ethylene gas, which causes other produce to ripen/rot faster.

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STOP FOOD WASTE AT HOME

# What Goes Where?



## DAIRY PRODUCTS

Top shelf – about 7°C

## COOKED FOODS

Middle shelf – about 4.5°C

## RAW, PERISHABLE FOODS

Bottom shelf – about 3°C

## FRUITS & VEGETABLES

Store loose, in separate bins.  
When using plastic bags, perforate to extend shelf life.

## FROZEN FOODS

Wrap, label and date everything.  
Rotate food so you use older items first.

## Pantry

## Countertop

## Refrigerator



**Onions**



**Banana**



**Apples**



**Grapes**  
Keep dry in covered containers



**Celery**



**Cucumbers**



**Mushrooms**



**Garlic**



**Citrus Fruit**  
Store loose or in a mesh bag



**Pears**



**Broccoli**



**Corn**  
Store loose in husks



**Fresh Herbs**  
Wrap in paper towel then loosely in plastic



**Peas**



**Potatoes**



**Stone Fruit**  
Keep dry in covered containers



**Beets**  
Remove greens and leave loose in crisper



**Cauliflower**



**Eggplant**  
Wrap in paper towel then loosely in plastic



**Green Beans**



**Squash & Zucchini**  
Store in perforated bag



**Watermelon**  
Up to 2 weeks.  
Then eat or freeze



**Tomatoes**



**Cherries**  
Keep dry in covered containers



**Carrots**  
Remove greens, store loose



**Peppers**



**Spinach**



**Kale**  
Wrap in paper towel then loosely in plastic