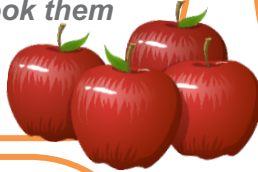


Tips to Keep your Food Fresher, for Longer!

When trying to make healthier food choices, some families may struggle with the decision to buy fresher foods due to concerns with food expiring faster. Many people don't believe that fresh food or healthier foods can last as long as other, less healthy, food options. However, there are many ways that you can keep your food fresher, longer, with no extra cost to you.

Apples decay more quickly than other fruits, to stop them from aging other fruits, *keep them separate.*

If apples become too soft, you can *cook them* instead of throwing them out.



Store milk or other dairy products *in the middle of the fridge* and not on the door. Items that are stored on the door are subject to more temperature fluctuations and will spoil quicker.

If you purchase meats that you don't plan on eating right away, *wrap it in foil then store it in a Ziploc bag* in the freezer

Keep bananas on the stem and wrap plastic wrap around the stem. This trick can extend the life of your fruit by 3 to 5 days.



Extend the life of berries by giving them a *vinegar bath.*

You can make a vinegar bath by mixing 1 part vinegar and three parts water. This helps eliminate any bacteria that can cause the fruit to



Don't throw away your lettuce if it becomes flimsy. *Lettuce can be revived* by soaking it in ice water before eating.

Keep food in *air tight containers.* This can prolong the shelf life of foods like pasta, cereal, dried foods like raisins, and bread.

Chop vegetables like celery or carrots and store in a container of water to keep them fresher for

