

WASTE NOT, WANT NOT

Tired of tossing mushy, freezer-burned, or stale food? A few storage strategies will help you take care of what you have so you can eat it while it's fresh.



after a trip to the grocery or farmers market, it's more than a matter of putting everything away. Get in the habit of organizing your food for freshness from the start. You'll save money and help the environment by keeping methane-producing food waste out of landfills.

■ **KEEP IT VISIBLE**
You won't use what you don't remember you have. Line up items neatly, keep labels facing out, and embrace clear containers.

■ **MARK IT** Give everything a date—either the day you bought it or a toss date. ID leftovers and homemade items. A few minutes of labeling before storing will pay off.

■ **DECANT IT**
Separate food into portions you're likely to use. It will all stay fresher longer than if you continually draw from one big package.

refrigerator

Think of your fridge shelves and bins as zones where food is grouped based on specific traits and typical use. Commit to putting everything in its best place after meals by following this plan.

1 The temperature can vary, mostly due to the door being opened. Milk, eggs, and cheese do best in the coldest spot—often the bottom shelf.

2 The top shelf is a good place for delicate fruit, such as berries. To keep them fresh longer, don't rinse them until you're ready to eat them.

3 Store asparagus and herbs upright in glass containers with a little water. Put leafy greens in an airtight container with a dry or damp paper towel.

4 Produce that put off ethylene gas (apples, ripe peaches and plums) belong in a drawer so they don't ripen other produce too quickly.

FRONT & CENTER

Store leftovers at eye level and in front so they're easy to see and available to use in a new meal.



GLASS ACT Repurpose glass jars from jam and pickles for leftovers. For the freezer, use jars with straight sides (they're less likely to break from food shifting up as it freezes) and fill them only three-quarters full.

freezer Like the refrigerator, your freezer should be organized by category. Bins help contain odd shapes and reduce the chance something will fall when you open the door. Long-term storage calls for a few special considerations.

1 Line up bags of frozen food like books on a shelf (or file folders in a drawer) and pull one out as needed. To freeze fresh berries, corn, and other produce, put it inside a resealable bag and lay it flat. Or freeze it on a cookie sheet then transfer it to a bag.

2 Store food in small portions. They freeze more quickly and are easier to fit.

3 Moisture loss causes ice crystals and freezer burn. To avoid this on meat, wrap it in parchment or freezer paper then in foil. Or instead of disposable wrappings, use glass or metal containers or silicone bags.

FRESHNESS FINDER
The USDA FoodKeeper App lets you search types of food to learn how long they will keep. Go to foodsafety.gov or download the app on your phone.



LABEL EASE
Keep tape and a permanent marker in the kitchen to note contents and dates. A dry-erase marker works well on glass containers. And for a uniform look, we love these expiration stickers. \$8 for 160; savvyandsorted.com

\$370
Average amount a person could save each year
SIMPLY BY REDUCING FOOD WASTE.
SOURCE: U.S. DEPARTMENT OF AGRICULTURE

**BH&G
FAVES
2022**



1



2

Seal the cut side of a piece of produce to save for later.



3



4

Good for the pantry, fridge, or freezer, this reusable bag is safe in the oven and dishwasher.



5



6

**[WISE BUYS]
KEEP IT FRESH**

For specialized storage needs, these kitchen goods are keepers.

1 COTTON BAG
Greens stay moist and crisp. Starting at \$21; vejibag.com

2 SILICONE CAPS
\$17 for 5-piece set; foodhuggers.com

3 SOUP TRAYS
Freeze leftovers in 1-cup servings. \$37 for 2 trays; soupercubes.com

4 PRODUCE KEEPER
Vent or add water? See the chart on the lid. \$11; bedbathandbeyond.com

5 HERB SAVER
For the airflow and moisture herbs need. \$13; oxo.com

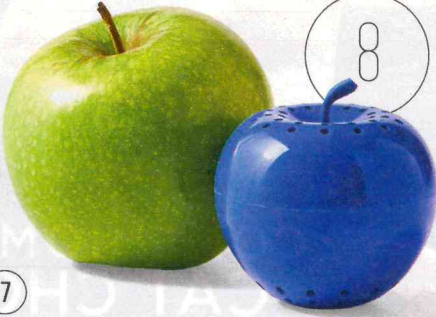
6 STAINLESS-STEEL BOXES
\$60 for set of 3; ukonserve.com

7 SILICONE BAG
From BH&G Collection. \$7 each; walmart.com/BHG

8 PRODUCE PROTECTOR
Absorbs ethylene gas. \$12 for 2; thebluapple.com



7



8



longtimers Most off-the-shelf condiments are meant to last many months. Take note of the date included on the packaging and be sure to mark two additional dates on the bottle or jar: when you buy it and when you open it. ▶ For guidelines on how long you can use condiments after purchase and opening, hover your phone camera over the code, right.



shelves & counters

It's easy to forget food in a cabinet and overlook produce that's sitting out. A simple system can help.



"Best by" dates on packaged foods generally refer to flavor and quality rather than food safety.

1 Before a grocery trip, assess the dates on your dry goods. After shopping, add new purchases to the back of the cabinet so the oldest are in front and get used first.

2 Store special-occasion food together for ease in checking dates. That way, cake mixes and s'mores supplies won't get lost behind the food you use more frequently.

3 As in the fridge, separate certain fruits and veggies: Don't keep apples in a bowl with bananas and citrus; store potatoes and onions in a dark, ventilated spot but not together. ■

More than
30
percent of the
FOOD
PRODUCED
IN THE
U.S. IS NEVER
EATEN.

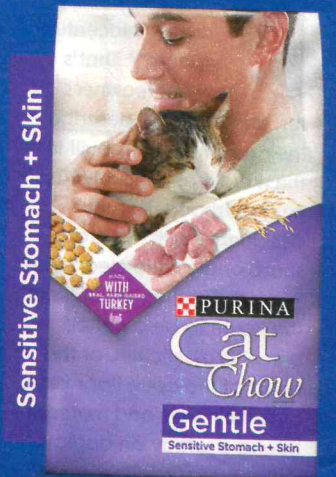
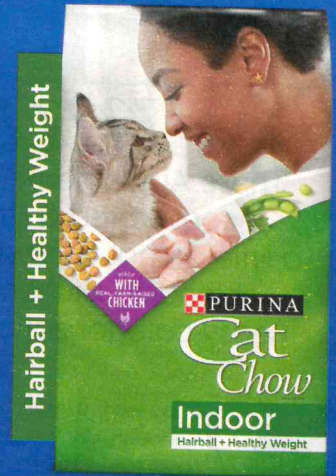
SOURCE: U.S. ENVIRONMENTAL PROTECTION AGENCY

➔
**BEST ON
A COUNTER**

Pineapples, tomatoes, melons, kiwis, and avocados should sit out while ripening.



PURINA
Cat Chow



**MADE WITH
REAL CHICKEN, TURKEY,
OR SALMON**