

CORRECT FOOD STORAGE TO PREVENT WASTE



1 AVOID ETHYLENE OVEREXPOSURE

Fruits like apples, bananas, melons, and peaches release ethylene gas, which speeds up spoilage of nearby vegetables. Store them separately from sensitive produce like leafy greens, broccoli, and carrots.

2 STORING TROPICAL FRUITS

Keep tropical fruits like bananas, pineapples, and mangoes at room temperature.

3 KEEP LEAFY VEGETABLES AND HERBS MOIST

To extend life to your leafy greens & herbs, wrap the bunch in a damp paper towel and store in a closed container on the fridge moist.

4 STORE FOOD IN GLASS JARS

Store food in glass jars so contents are easily visible and don't get forgotten.

5 KEEP FOODS IN A DRY, DARK PLACE

Potatoes, tomatoes, garlic, cucumbers and onions should be kept at room temperature. Keep onions away from other vegetables to prevent spoilage.

These simple storage hacks can significantly reduce food waste and keep your fresh produce longer