Tips to Make Food Last Longer

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Extend the Life of Foods
- Strawberries: Wash in really hot water or rinse in 3:1 ratio water/vinegar, dry well, store in fridge
- Potatoes: Place an apple in the bag to keep them from budding
- Apples: Keep in the fridge or a cool, dark place
- Cucumbers: Keep in a cool place, but not in the fridge

Stock up on Meat
- Double wrap meat and store in the freezer
- Use butcher wrap or freezer paper for the outside layer

Keep Bread Fresher, Longer
- Individually double wrap muffins, breads and bagels
- Store in the freezer
- Do not store in the fridge because bread will go stale faster

Buy Perishable Foods with a Long Shelf Life
- Potatoes
- Eggs
- Cauliflower
- Whole carrots
- Cabbage

Buy Perishable Foods with a Long Shelf Life
- Citrus fruits
- Cheeses
- Onions
- Apples
- Bananas