

FOOD STORAGE GUIDE



As food security and preservation becomes a more important topic, we wanted to provide tips and resources on how to keep your food fresh and edible.



Environment Lethbridge
inspires and equips people to
create widespread community
action and engagement
towards sustainability.



CONTENTS

PREPARATION

GREENS

HOMEMADE BREAD

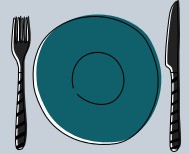
FRUITS

VEGETABLES

FOOD SCRAPS

LEFTOVERS

**click this icon
throughout
the guide**



for links to
other tips,
details, and
inspirations.



REMOVING LABELS

An important part of food storage is **clean containers** and **accurate labeling**

....because it's so easy to forget that chili you made last week when it's still in a yogurt container or dismiss the rice that's been left in an old pasta sauce jar and now smells like marinara.



YOGURT CONTAINER

Noun

yo·gurt/'yōgərt/
con·tain·er/'kən'tānər/

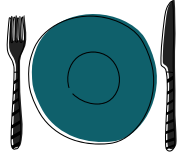
- Containment units that seem to multiply endlessly.
- Proven rather useful with so many matching lids.



Remove the labeling ink on these containers by using **100% acetone** (used in nail polish)

Hold the acetone on the label for **10 seconds** and slide away.

Wipe in the **same direction** to prevent ink from spreading.



Permanent Marker



Label and decorate letting everyone know that there is still some delicious chili that needs to be eaten

Permanent marker can then be removed from containers with rubbing alcohol, tea tree oil, drawing over it with a white board marker...etc.





JARS

LABEL

soak the stubborn tags in alcohol and scrub with a scouring pad or used aluminum

SMELL

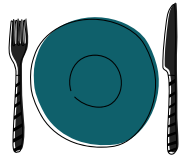
after cleaning out the contents and rinsing with soap and water, add coarse salt to the jar with some water and shake for 30 seconds. if the smell is being stubborn, add some baking soda to the mix and shake some more

Voila!

TUPPERWARE

SMELL

scrubbing with salt and vinegar and leaving pieces of scrap paper in the container are some of the best ways to remove food smells



COLOR



scrub all sides of the container with a paste-like mixture of water and baking soda, then fill the container with water, let sit for several hours and do a final wash with dish soap




STORING





GREENS

* Checking out how the grocers are storing these items is a great clue to what will help them keep the longest



Put asparagus, spinach, cut carrots, lettuce, and even celery in a jar or container of water to keep them fresh and crisp



Keep greens on the bottom shelf of the refrigerator so that leaves don't freeze

FRESH HERBS

Like greens, these are best kept in the fridge, wrapped in a damp cloth or propped up in some water

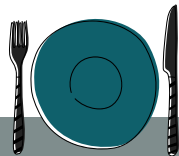
Put leftover herbs in an ice tray with olive oil and freeze them for use in future recipes



HOMEMADE BREAD

Fresh bread can only last about **2-3 days** before going stale or moldy. Putting it in an previously used plastic bread bag or keeping it in the fridge can keep it fresh. for a little longer

Making bread on an **as needed basis** is the best option. Or freeze it when you just can't finish it fast enough



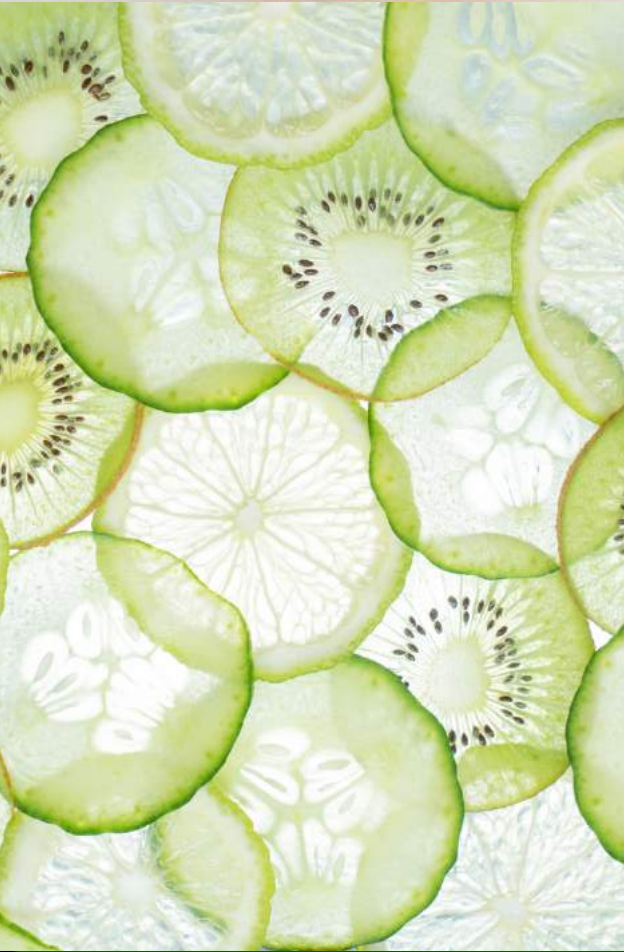
Dry bread? Put it in your microwave with a cup of water for a 30 seconds or use it in a new recipe



Stale bread?
Put it in the oven for a few minutes to freshen it up



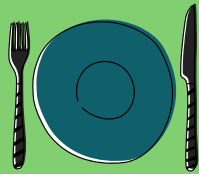
FRUITS



Apples - last for up to 3 weeks in the fridge

Bananas - keep on the counter for up to 5 days

Citrus - lasts for up to 2-3 weeks in the fridge



Melons - kept in the fridge, will last 2-5 days

Peaches, Pears, Plums - 5 days in the fridge

Berries - last 2 days to 1 week in the fridge



FRUIT GOING BAD?



Jams, marmalades, and fruit butters are a great way to keep fruit from going bad when you can't eat it fast enough.

Don't want to add sugar, or feel too busy to rescue that extra fruit? Simply peel it, cut it into smaller pieces, and toss it in the freezer. These can be used for smoothies, some chilled snacks, or thawed and used in pies and jams.



Oh my pies! Such a tasty way to make a treat out of fruit you can't handle





VEGETABLES

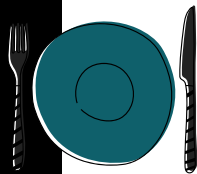
Avocados – keep for +3 days in the fridge, ripen on the countertop

Beets – last up to 3 weeks in the fridge

Broccoli – keeps well in the refrigerator for 1 week

Cabbage – last for 2 weeks in the fridge

Carrots – refrigerate for up to 2 weeks, place in some water if they start going limp



Cucumbers
last 5 days if kept in the fridge and stored in their original packaging

Onions – keep in the pantry for up to 2 weeks..

put in the fridge once cut

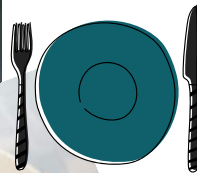
Potatoes – last for 3 weeks in the pantry, make sure that air can circulate around them

Tomatoes – keep in the fridge and take out within 24 hours of use for best flavor

VEGGIES GOING BAD?

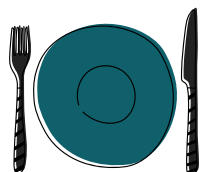


You can turn shriveled carrots, sad cucumbers, cauliflower, onions, and so many more veggies into pickles to use later in a new recipe



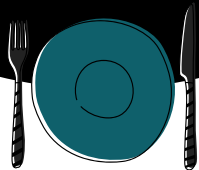
● ● ● ● ● ● ● ● ● ●
Soup! A tasty way to quickly use up lots of veggies. Freeze and use on those chilly nights when it's just nicer to relax than cook

Like fruit, veggies can often be cut into smaller pieces (for easy measuring), frozen, then thawed and used in soups, stews, smoothies, or other cooked recipes



FOOD SCRAPS

Save veggie scraps in your freezer and when there is enough for a full pot, boil it in water to make veggie stock. Great clip in link!

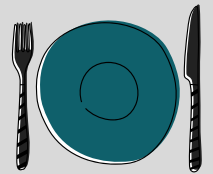


Keep stock in jars, containers, or ziplock bags and use within 2 days or freeze in an ice tray for later use

GROWING FROM SCRAPS

Many of the foods we eat can be regrown and harvested again.

Veggies like potatoes, spring onions, garlic, celery, romaine lettuce, and carrots can all be regrown from stems and roots.



Check out this clip for some ways that you can regrow and enjoy your food

Maybe even try collecting and growing more food from seeds

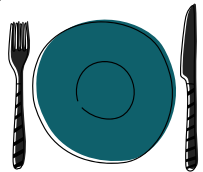


LEFTOVERS

Those pesky
extras that
aren't always as
tasty the
second time
around

Tips to tackle those leftovers

- portion them out into individual appetizing meals
- freeze them for a busy day
- turn them into something new
- if they're piling up, have a "leftovers night" and arm wrestle for the best ones



If you need some
more inspiration
check out this
fascinating
**history
of
leftovers**

