



Storage Tips for Fresh Produce

Stretch your fresh produce budget by cutting food waste

- Keep fridge between 3 °C to 5 °C; avoid overloading and keep the door closed.
- Use the fridge drawer for storage of most vegetables.
- Store cooked food and leftovers on the middle/top shelves, away from raw produce.
- Always dry vegetables well after washing; wet produce spoils faster.
- Prevent bruising: Do not over-pack bags or containers; let air circulate around vegetables so they don't sweat and spoil quickly.
- Check daily and remove any mouldy, damaged or very soft vegetables straight away.
- Store vegetables separate from raw meat, poultry, and seafood to avoid cross-contamination.
- Wrap or bag delicate vegetables (leafy greens, broccoli, carrots etc) in resealable plastic bags or sealable containers.
- Store root vegetables like carrots, beets, and radishes in the fridge, but keep potatoes, sweet potatoes, onions, garlic, and pumpkins in a cool, dark, dry place outside the fridge.
- Use "first-in, first-out" (FIFO): place newer vegetables behind older ones so you use the oldest first and reduce waste.
- Only chop or peel vegetables when you plan to use them soon; cut surfaces lose moisture and spoil faster.
- Keep leafy greens (lettuce, spinach, cabbage, spring onions) whole until you need to use them.

Good habits to cut waste and save money

- Use "first-in, first-out" (FIFO): put new items behind older ones so older produce is used first.
- Plan "use-first" meals with soft or older vegetables (e.g., wilted greens in stews, soups etc.)
- Only wash and chop what you will use in the next 1–2 days; keep the rest whole and dry in the fridge.

When vegetables are starting to soften or look tired but are still safe to eat, there are several smart ways to use them up before they go bad and save money at the same time.

Use it, cook it, freeze it, or boil it into stock—don't bin it

- Use "past-prime" vegetables in various meals, such as soups, stews, curries, roasted veg side dishes
- Sauté, stir-fry, blanch and freeze vegetables to make pesto, sauces, vegetable stock
- Use to bake muffins or pancakes, grated vegetables (carrots, zucchini etc.) add moisture and nutrients