







FOOD STORAGE GUIDE







DAIRY, EGGS & BREAD STORAGE TIPS

- 1 Keep fridge at 40° F or below to prevent spoiling.
- 2 Date labels on dairy milk and yogurt often suggest a product is no good much earlier than when the taste changes. If it looks, smells, and tastes good, it most likely is.

FOOD	STORE IT	FREEZE IT	REVIVE/USE IT UP
Almond, Soy, Oat, or Flax Milk 	Check the label to see if shelf stable. Refrigerate if needed. Fresh milks can last five to seven days in the fridge once opened. Discard carton if it bloats.	Nondairy milks generally don't freeze as well as dairy milks and get grainy. Use frozen nondairy milk in cooking and baking all the same.	Use in place of dairy milk in most recipes. Milks near the expiration date can be used in smoothies, pancakes, or puddings.
Bread 	Bread on the counter has the shortest life span — usually a week or less. Keeping it in the fridge will extend its freshness.	Freezing will keep bread fresh for months. When packing, squeeze the air out of a zip-top bag. Slice whole loaves to easily grab a few slices as you need them.	Use stale bread for french toast, bread pudding, breadcrumbs, or croutons, or try reviving a dried out loaf by soaking it in cold water and baking at 300°F for 10-15 minutes.
Cheese 	Let cheeses breathe by replacing plastic packaging with beeswax or parchment paper. Allow some oxygen exposure, but not too much or the cheese will dry out.	Hard cheeses wrapped in parchment can be frozen in an airtight container. Freezing soft cheeses alters their texture but they can still be used for cooking.	Mold doesn't penetrate far into harder cheeses, so cut off the mold and eat the rest. Freeze rinds to use in soups, stews, and sauces. Discard moldy shredded, sliced, crumbled, or soft cheese.
Dairy-Based Yogurt 	Yogurt is a living culture of bacteria and will develop and change flavor past the date on the carton. Use the sniff and taste test as you would with milk.	Always leave space for expansion when freezing. Freeze small portions in an ice cube tray to easily incorporate into recipes without a long thaw. Add to smoothies, stews, curries, or sauces.	Substitute yogurt for milk, cream, sour cream, or buttermilk in baking.
Eggs 	Check for cracked eggs before purchasing a carton and discard any that crack in transit. Eggs will stay fresh in the fridge for months.	To freeze, beat whites and yolks together. Portion out for recipes using ice cube trays. Whites can also be frozen separately.	Check freshness using the float test. Fresh eggs sink to the bottom of a glass of water. Toss any that float to the top. If the egg is somewhere in the middle, eat it soon.
Milk 	Don't solely rely on the date label. If milk smells, looks, and tastes okay, it probably is. Store in the back of the fridge or on a lower shelf where temps are colder.	When freezing liquids, always leave space for expansion. Freeze small portions in an ice cube tray to easily incorporate into recipes without a long thawing process.	Lightly soured milk actually makes pancakes, quick breads, and baked goods better. Use defrosted milk in smoothies, even if slushy or grainy.









FRUIT STORAGE TIPS

- 1** Moisture management is key to preventing spoilage and maintaining quality. Excess moisture promotes mold growth, so don't wash fruits until ready to use.
- 2** Set appropriate humidity levels in your crisper drawers. Most fruits do best in low humidity. Strawberries and watermelons are the exception. Keep them in high humidity.

FOOD	STORE IT	FREEZE IT	REVIVE/USE IT UP
Apples 	Store in a low-humidity drawer for longest storage.	Wash, core, and cut. Use thick cuts to prevent mushiness upon defrosting. Freeze in an airtight container.	Cut out bruises and use. Cook mealy or wrinkled ones in pies. Use peels for tea, to flavor fresh water, or to make a jelly.
Bananas 	Take bananas out of plastic packaging. Store on the counter away from other fruit (unless you're trying to ripen that fruit). Refrigerate when ripe.	Peel and then freeze in an airtight container.	Ripe bananas are still edible. Use very brown, black, or frozen ones to make muffins, breads, or banana egg pancakes.
Berries 	Ensure berries are dry before refrigerating. Leave green caps on strawberries. Check regularly and discard any moldy berries.	Rinse, dry, and freeze in an airtight container. Berries can be frozen on a sheet pan to stop clumping.	Sprinkle lackluster berries with sugar, and wait 15 minutes for syrup to emerge. Alternatively, add to smoothies, yogurt, or a baked treat.
Citrus 	Remove nonbreathable plastic packaging. Lasts days on counter, or weeks in fridge. Refrigerate in low humidity. Use airtight container if peeled or cut.	There are many ways to freeze citrus. Whole is great if using the rind and juices later. Whether whole or sliced, store in an airtight bag or container.	Open and investigate any imperfect fruits. Remove mushy areas and use the rest. Use peels in soups or sauces. Dry peels can also be used in baked goods or to scent cleaning supplies.
Pears 	Ripen at room temp. Will ripen faster in a paper bag, or near apples and bananas. Refrigerate ripe ones in the low humidity drawer.	Best stored frozen, if cooked first in a sugar syrup.	Brown spots are natural on some types. Browning flesh doesn't affect taste. Use overripe or damaged pears in baking or sauces.
Stone Fruit 	Store peaches, plums, and nectarines on the counter until they ripen. Refrigerate ripe ones in the low humidity.	Freeze raw (whole, in halves, or in slices) or cooked. Remove pits unless using them as flavoring.	Remove bruises and use. To prevent browning, toss with lemon juice after slicing. Use outer shell of pit to infuse water, dairy, or liquor.

VEGETABLE STORAGE TIPS

- 1 Don't wash vegetables until ready to use.
- 2 Most vegetables do best in the high humidity drawer of the fridge.
- 3 Many limp veggies revive in a 10 minute ice water soak.

FOOD	STORE IT	FREEZE IT	REVIVE/USE IT UP
Broccoli 	Refrigerate in a breathable cloth bag or open plastic bag in the high humidity drawer.	Wash and separate into florets. Blanch, bathe in ice water, and dry. Freeze on a baking sheet, then store in an airtight container.	Stalks are tasty fresh, cooked, or grated into a slaw. Peel outer tough skin though.
Carrots 	Refrigerate whole carrots in a breathable bag, and cut carrots in water.	Wash, blanch, cool, chop or purée, and pack into an airtight container. Raw shredded carrots can be frozen without cooking.	Peel or cut away bruised, brown, or damaged bits and use the rest in soups, stews, and stocks. Use tops like herbs or in floral arrangements.
Celery 	Refrigerate standing up in a jar of water, or in a breathable cloth bag or open plastic bag in the high humidity drawer.	Use frozen celery for cooking. To freeze, slice, blanch, put in ice bath, dry, and store in an airtight container.	Use celery that's beyond its prime in smoothies and stews.
Herbs 	Wash, dry, and store tightly wrapped in a damp towel in an airtight container in the fridge. Alternatively, place them in a jar of water to keep them crisp.	Wash, dry, chop, and freeze.	Revive with a cold soak, or dry wilted herbs completely and add them to your spice rack.
Leafy & Hardy Greens 	Monitor moisture levels. Add a damp cloth/napkin to dry leaves or a dry cloth/napkin to a container that's too moist.	Hardy greens: Blanch, immerse in ice water, drain, dry, and store in an airtight container. Leafy greens: not recommended.	Use blanched kale stems in pesto and chard stems as a celery substitute. Lettuces can be cooked like other greens.
Onions 	Store in a cool, dark, and aerated space. Store away from potatoes.	Clean, chop, and pack in an airtight container for freezing.	Cut away rotten portions and enjoy the rest. Sprouted parts of the onion can be used like chives or green onion.
Tomatoes 	Ripen whole on the counter, stem side down to minimize bruising. Sunlight will quicken ripening.	Freeze whole or chopped, raw or cooked, in freezer bags. Freezing affects texture, so use in sauces, salsas, etc. after defrosting.	Cracked tomatoes can still be eaten. Just cut out and discard the cracked parts and enjoy the rest.
Potatoes 	Remove any plastic packaging that will retain moisture. Store in a cool, dark, and aerated space away from onions.	Wash, peel, and cut into small cubes. Blanch before freezing.	Cut away damaged flesh and potato eyes, and serve as usual. Pan or air fry clean potato skins as a snack.