



Food Storage



At-a-glance



Firm Fruits

(Apples, pears, lemons, peaches)

Store at room temp in a bowl on the counter. Keep out of direct sunlight, heat, & moisture. Store separately from other vegetables.

Do NOT wash before storing. Store with paper towel underneath. Air flow helps keep mold away. Eat as soon as possible



Berries



Bananas

Keep on a banana hanger to ripen evenly and create less bruising. (Placing bananas and avocados in a brown bag help them ripen faster.)

Thrive in sunlight and air. Remove from container and place in a clear glass bowl.



Tomatoes



Onions & Garlic

These bulbs thrive in a vegetable box on the counter or in the pantry. Keep the skin intact. Room temperature helps prevent mold and sprouting.

Keep in a dark, dry, cool place and separate from onions. Keeping the dirt on them makes them last longer.



Potatoes



Stalk Veggies

(Celery, kale, green onions, herbs)

Trim ends and place in a mason jar or cup of water. Celery can be chopped and washed then placed in a container with a paper towel underneath.

Store unpackaged lettuce, wash immediately before use. Store varieties separately in sealed container with a dry paper towel.



Greens



Carrots

Buy whole, uncut carrots. Peel and cut them at the beginning of week, place in a container with water and cover with lid. Replace water every few days. Place paper towel with baby carrots to absorb water.





Organizing Pantry Space:

- Opt for multi-use seasonings that lend themselves towards several dishes or cultural cuisines.
- Add a plastic caddy or lazy Susan to increase space
- Add a platform for smaller items and jars
- Use a clear storage container for odd-shaped items
- Empty bags of chips, cereal, or bulky baking supplies into stackable and reusable containers

Think Outside the Pantry:

If push comes to shove and storage is just not available in the traditional kitchen pantry, be versatile and find it elsewhere!

- Portable Cabinet for serving utensils
- Hang mugs on a rack to free up cabinet space
- Display spices on floating shelves

Make a Plan:

- Create a shopping list so you buy what is needed for specific meals to decreasing the stockpile
- Use a menu that stays the same each week (ie. Taco Tuesday, Pizza Friday)
- Take a weekly inventory of the staples, add what needs re-stocking to your list.
- Buy local and in-season items which stay fresh longer.



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