



Storage Tips

Storing your food properly is one of the easiest ways for your household to save money.

Get your food storage right and you could reduce the average \$2000 a year that Victorian's spend on the food they throw away



Do

Do Not

THE FRIDGE

- › Keep all ready-to-eat foods visible and in your line of sight.
- › Use clear airtight containers to store your leftovers.
- › Stack upwards rather than pushing items backwards.
- › Store ready to eat foods above raw foods.
- › Over pack your fridge. Your fridge has to work harder to keep your food cold and it's easy to lose track of what you already have.
- › Store potatoes, onions or tomatoes somewhere cool and dry, away from direct sunlight.
- › If you need to put ripened fruit in the fridge, store in airtight containers away from your vegies so they don't shorten the lifespan of your crisper items.

THE FREEZER

- › Freeze excess foods (such as bread, cakes and cheeses) or liquids (such as pasta sauce & stock)
- › Label the date you freeze your leftovers and consume within 3 months for best condition, refer to the Shelf Life Tips sheet for more detailed information.
- › Freeze foods in the amounts you'll defrost and serve them in.
- › Store in airtight containers or thick freezer bags to prevent dehydration and freezer burn.
- › Over pack your freezer.
- › Put hot foods directly into your freezer. Cool foods in your fridge first, then transfer to the freezer.
- › Eat foods which may have defrosted and refrozen in your freezer – this is a serious food safety hazard.

THE PANTRY

- › Store dry goods in clear, airtight containers.
- › Know the difference between 'best before' and 'use-by' dates. While foods shouldn't be consumed after a 'use-by' date, a 'best before' date is simply an indication of when a food is at its best. Many dried and packaged goods are still fine to eat after this time. The only items you can't eat after their best before date are eggs.
- › Avoid storing opened dry goods in their original packaging where they might be susceptible to weevils. Otherwise, ensure you seal the packaging to keep it airtight.

Shelf Life Tips

Knowing how long food stays fresh is a great way to reduce your household food waste.

This chart will give you an idea of the shelf life of common foods when they're stored correctly.



Remember to always check the 'best before' or 'use-by' date before deciding what to do with your food. Foods with a 'use-by' date should not be eaten after that date has passed. A 'best before' date is simply an indication of when a food is at its best and foods can still be consumed after this date

| | Fridge | Freezer | Pantry |
|------------------------------|-------------|------------|-------------|
| Bread | 7 days | 3 months | 4 – 6 days |
| Milk | 7 – 10 days | 3 months | |
| Fruit | 7 days* | 3 months* | 1 week |
| Vegetables | 7 days | 12 months | |
| Potatoes & Onions | 3 months | No | 1 – 2 weeks |
| Fresh Herbs | 6 days | | |
| Beef | 2 days | 8 months | |
| Chicken | 2 days | 9 months | |
| Pork | 2 days | 6 months | |
| Lamb | 2 days | 12 months | |
| Fish & Seafood | 2 – 3 days | 3-6 months | |
| Deli Meat | 4 days | | |
| Eggs | 1 month | 1 year** | |
| Yoghurt | 14 days | | |
| Cheeses | 14 days | 6 months | |
| Butter | 3 months | 9 months | |
| Cooked Rice | 2 days | 3 weeks | |
| Cooked Pasta | 3 days | | |