

Further Food Waste Tips

For Poster 14

Tins can be stored in cupboards, preferably away from heat generating sources. Partly used contents of tins should be emptied into glass, pot or reusable plastic containers, covered, kept in the fridge and used within 2-3 days or frozen if appropriate.

Dry goods should be stored in cupboards in a cool, dry location if possible.

Biscuits, cereals, bread and cake should be stored in airtight wrappers or tins and kept out of sunlight.

Fruit, apart from bananas and melons should be kept in a cool, dry place or fridge but not too cold.

Veg can be stored in the fridge apart from potatoes which do best in a cotton bag in a cool, dry place.

Eggs should be kept in the fridge. If out of date can be used in cooking but crack into a separate dish first to check freshness.

Dairy products should be kept in the fridge unless cheese, ready to be eaten, needs to be at room temperature. Be very cautious about consuming out of date dairy products though most can safely be used in cooking.

Meat: Uncooked meat can be frozen straight away but once defrosted can only be refrozen if cooked. Cooked meats should be eaten within use-by date and only eaten after that if deemed usable in a cooked dish.