



Food Life Hacks

Ways to extend the life of your food.



Freeze milk in ice cube trays for tea or coffee: fresh milk can be frozen up to three to six months. Though the texture and color of the milk may change once thawed, it is still safe for consumption. Pour your milk into ice cube trays and when frozen transfer the milk cubes into a zip lock bag and store in your freezer. Thaw at room temperature and add to tea and coffee when desired.

Carrots	Keep in a container of water in the fridge to keep them crisp.
Asparagus	Stand them in a jar with two inches of water, cover loosely with a small plastic bag, and keep in the fridge.
Berries	Wash berries in a one-part vinegar three parts water solution to destroy bacteria and mold spores. the berries thoroughly afterward and store them in an airtight container.
Bananas	Cover the banana stem with cling film or foil to stop them from going brown. Bananas can also speed up the ripening process of other fruits. Store them separately from the fruit bowl (or on top of fruits that need ripening).
Mushrooms	Keep mushrooms fresh and dry by keeping them in brown paper bags.
Onions	Hang onions in your (clean) tights with a knot separating each one.
Tomatoes	Store tomatoes stem-end down outside of the fridge.
Potatoes	Storing apples and potatoes together stops the potatoes from sprouting.
Spring Onions	Keep your spring onions chopped up in plastic bags in the freezer. When you're ready to use them, add them, straight into the pan.
Salad Greens	Wash, dry thoroughly, and wrap them in a kitchen towel or with a paper towel.
Bread	Avoid moldy bread by keeping your loaf in the freezer and popping a slice into the toaster to thaw (or toast).
Cheese	You can rub a little bit of butter to the exposed side of cheese to keep it from drying out.



Split your food stock into these individual portion sizes.

Split your current ingredients into individual portions so you can keep track of exactly how much you have and ensure you don't over or under eat.

Learn the three rules of the fridge: Use the fridge thermometer to check that the coldest part of your fridge is five degrees.

General rules of refrigeration are:

- Do not overcrowd your fridge. Air should be able to circulate around the food.
- Follow the lead of the supermarkets and keep your new stock behind the old stock.
- Never keep open cans of food in the fridge as this could result in chemical contamination.



Freeze! you can freeze pretty much everything.

Baked goods

Bananas (peel and wrap them or place in an airtight container before freezing)

Bread

Cheese (except for soft cheese the freezing process affects texture)

Eggs - including boiled eggs

Fish

Meat

Milk

Yogurt

****Products with high water content like strawberries and tomatoes will go squishy once defrosted but they are still safe to cook with.**

For other resources, go to: [wellfirsthealth.com/realgoals](https://www.wellfirsthealth.com/realgoals)

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