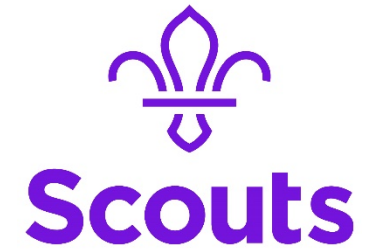


Food storage

Use this handy guide to work out where foods should be stored.



Garlic	Kitchen counter	In the fridge, these will begin to lose their flavour
Onions	Kitchen counter	In the fridge, these will begin to lose their flavour
Tomatoes	Kitchen counter	Let these ripen in a cool, dry place
Potatoes	Kitchen counter	Keep in a cool, dry place
Bananas	Kitchen counter	Let these ripen in a cool, dry place
Oranges	Kitchen counter	Once cut, these can then be stored in the fridge to stop them drying out so quickly

Lemons	Kitchen counter	Once cut, these can then be stored in the fridge to stop them drying out so quickly
Bread	Kitchen counter	Keep this tightly wrapped and use within the use by date
Bagels	Kitchen counter	Keep this tightly wrapped and use within the use by date
Fruit cake	Kitchen counter	Keep this tightly wrapped and use within the use by date
Tinned tomatoes	Cupboards / Pantry	Keeping these foods sealed, and in a cool, dry place will help them last longer
Baked Beans	Cupboards / Pantry	Keeping these foods sealed, and in a cool, dry place will help them last longer
Lentils	Cupboards / Pantry	Keeping these foods sealed, and in a cool, dry place will help them last longer
Peanuts	Cupboards / Pantry	Keeping these foods sealed, and in a cool, dry place will help them last longer

Spices	Cupboards / Pantry	Keeping these foods sealed, and in a cool, dry place will help them last longer
Milk	Fridge	Keep dairy products on the top shelves of your fridge as the temperature is most constant there, so they will keep longer
Cream	Fridge	Keep dairy products on the top shelves of your fridge as the temperature is most constant there, so they will keep longer
Yoghurt	Fridge	Keep dairy products on the top shelves of your fridge as the temperature is most constant there, so they will keep longer
Eggs	Fridge	Eggs should be kept in the egg box you bought them in, and kept in on the shelf (not in the door). They go bad quicker when the temperature changes often (hot to cold, or cold to hot). Make sure you bring them back to room temperature for 30 mins before cooking if possible. If they're still cold they'll take longer to cook.
Mushrooms	Fridge	Fruit and veg (apart from bananas, citrus, melons, potatoes and tomatoes) should be kept in the fridge. But you should keep fruit and veg separate as they'll make each other go bad quicker.
Apples	Fridge	Fruit and veg (apart from bananas, citrus, melons, potatoes and tomatoes) should be kept in the fridge. But you should keep fruit and veg separate as they'll make each other go bad quicker.

Grapes	Fridge	Fruit and veg (apart from bananas, citrus, melons, potatoes and tomatoes) should be kept in the fridge. But you should keep fruit and veg separate as they'll make each other go bad quicker.
Strawberries	Fridge	Fruit and veg (apart from bananas, citrus, melons, potatoes and tomatoes) should be kept in the fridge. But you should keep fruit and veg separate as they'll make each other go bad quicker.
Cherries	Fridge	Fruit and veg (apart from bananas, citrus, melons, potatoes and tomatoes) should be kept in the fridge. But you should keep fruit and veg separate as they'll make each other go bad quicker.
Spinach	Fridge	Fruit and veg (apart from bananas, citrus, melons, potatoes and tomatoes) should be kept in the fridge. But you should keep fruit and veg separate as they'll make each other go bad quicker.
Lettuce	Fridge	Fruit and veg (apart from bananas, citrus, melons, potatoes and tomatoes) should be kept in the fridge. But you should keep fruit and veg separate as they'll make each other go bad quicker.
Carrots	Fridge	Fruit and veg (apart from bananas, citrus, melons, potatoes and tomatoes) should be kept in the fridge. But you should keep fruit and veg separate as they'll make each other go bad quicker.
Chicken	Fridge	It's recommended to keep meat and fish on the bottom shelf of the fridge, as this is where it is coldest
Beef	Fridge	It's recommended to keep meat and fish on the bottom shelf of the fridge, as this is where it is coldest

Salmon	Fridge	It's recommended to keep meat and fish on the bottom shelf of the fridge, as this is where it is coldest
Cod	Fridge	It's recommended to keep meat and fish on the bottom shelf of the fridge, as this is where it is coldest
Frozen peas	Freezer	Frozen vegetables still count towards your 5-a-day so are a great way to avoid food waste
Fish fingers	Freezer	Keep these in the freezer and cook straight from frozen
Frozen fruit	Freezer	Frozen fruits should be kept in the freezer and are great to add to smoothies or desserts
Leftovers	Freezer	Leftovers can be kept in the freezer for several months. Make sure they cool down before putting them in the freezer, where they can be kept for several months.

