

Hacks to Make Food Last Longer

MY GREEN PLEDGE:
WASTE NO FOOD 

green tips
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Berries

Wash berries in vinegar to keep berries from getting moldy

Vinegar helps to destroy mold spores that cause berries to spoil. Wash berries in 1:10 diluted vinegar (mixing 1 part of vinegar with 10 parts of water) before putting them in the fridge.



Bananas

Wrap banana stems to slow down ripening

Bananas release ethylene gas from their stems, which speeds up ripening. Capping their stems in plastic wrap can prevent ethylene gas from reaching other parts of the fruit.



Potatoes

Store potatoes and apples together to stop potatoes from sprouting

Apples emit ethylene gas, which keeps potatoes fresher and firmer, and less likely to sprout.



Cookies

Add a slice of bread to the cookie container to keep cookies from going hard

The cookies will absorb moisture from the bread, keeping them soft longer.



Bread

Put a stick of celery into the bread bag to stop bread going stale and moldy

The bread absorbs the moisture from the celery that stops it drying out and going moldy faster.

Read more:

- **Save Your Food AND Your Money With These 18 Preservation Hacks!**
- Food Hacks by Blossom
- **Manage your refrigerator - the amazing organising skills from Japanese housewives**
- CLP Power Hong Kong Limited

References

- Holtz, J. (2018, Apr 3). *11 Proven Tips to Store Food and Cut Down On Waste*. Retrieved from <https://www.mykidstime.com/food-and-recipes/11-proven-tips-to-store-food-and-cut-down-on-waste/>
- Mitroostas, S. (2018, Oct 4). *15 hacks for storing food that can make it last twice as long*. Retrieved from <https://www.insider.com/how-to-store-food-2018-10>