

Savy Storage

1. How many days will leftovers keep in the fridge? And how long for rice?

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2. Which of the following foods will stay fresher for longer in the fridge?

- Potatoes Grapes Apples Onions Carrots Pineapple Broccoli Melon

3. Where is the best place to store eggs?

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4. How many times faster will bread go stale when kept in the fridge?

- 2 times faster 4 times faster 6 times faster 8 times faster

5. What is the optimum temperature for a fridge?
And what do you think the average temperature of our fridges is?

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SESSION GUIDE

Time

This session will take approximately 15 minutes, but can be made longer or shorter as required.

Delivery technique

Breakout groups or individual exercise, followed by group discussion.

Purpose

The purpose of this session is to understand the best way to store foods to keep them fresher for longer, and help people enjoy their food at its best. Love Food Hate Waste promotes behaviours around storage to help reduce food waste.

Session outline

1. Either individually or in breakout groups, hand out the 'savy storage' activity sheet and give everyone two or three minutes to complete the exercise.
2. When everyone has completed the sheet, go through each of the questions. Try to get people to volunteer the answers – use the questions and answers to spark more detailed discussion on storage and general behaviours to reduce food waste.
3. Close the session by asking everyone for one thing that they will start doing as a result of the session, or for a tip they have learnt etc.

Questions and answers

- Q. How many days will leftovers keep in the fridge? And how long for rice?**
- A. Two days. Use cling film or a container with a lid to store. Rice should only be stored for 24 hours. To avoid food poisoning from rice the following guidelines should be adhered to: Ideally eat straight after cooking. If not, cool as quickly as possible, ideally within one hour. To do this, drain the rice in a colander, rinse with cold water then tip into a large shallow container. Once cold, cover and keep it in the fridge for no longer than one day before reheating.
- Q. Which of the following foods will stay fresher for longer in the fridge?**
- A. Grapes, apples, carrots, melon, broccoli. Whole pineapple and bananas are best stored out of the fridge, chopped pineapple in the fridge. Potatoes and onions should be stored in a cool dark place. Most fruit and veg will stay fresher for longer if stored in the bag or pack they came in.
- Q. Where is the best place to store eggs?**
- A. In the fridge.
- Q. How many times faster will bread go stale when kept in the fridge?**
- A. 6 times faster.
- Q. What is the optimum temperature for a fridge?**
- A. A fridge should be 5 degrees Celsius or less.
- Q. And what do you think the average temperature of our fridges is?**
- A. Around 7 degrees Celsius. This increase in temperature means that our food won't stay fresh for as long, eg milk will go off 2 days sooner.

You can buy fridge thermometers at your local DIY store or hardware store.

Outcomes

Participants are aware of the best way to store foods in order to keep them at their best.