



Store it Smart



SAVING, PRESERVING, FEASTING!

EAT WELL, SAVE MONEY, WASTE LESS



76% of food waste comes from perishable foods

Why should WE care about food waste?

You can have a direct effect on reducing residential waste, which in turn has personal, local, and global impacts!



MAINTAIN TASTE, QUALITY AND NUTRITION

FILL YOUR FREEZER



- **FREEZE TIME:** Freezing stops bacteria growth and can extend shelf life by weeks, months, or years!
- **FROSTED TIPS:** Spread food out to freeze quickly for best quality, then package to save space. Blanch (partially cook) produce first to preserve color and texture. Servings of sliced bread, tortillas, or baked goods can be taken out for easy thawing as needed!

OF COURSE YOU CAN!

- **AN EXTRA YEAR:** Canning uses heat from boiling water or pressurized steam to stop bacteria growth and seal food in special jars for storage up to one year.
- **CANNING 101: Boiling water canning** is done on the stovetop with tools found at most grocery stores to preserve acidic foods like fruits, tomatoes, and pickles.



DRIED SNACKS AND INGREDIENTS

- **DEHYDRATING** food removes water for up to a year of storage. Rehydrate for cooking, or enjoy dried snacks like fruit and veggie chips, fruit leathers, jerky and more!
- **ELECTRIC DEHYDRATORS** use lower temperatures than home ovens and maximize airflow for easy drying. You can use your home oven, but watch that temperature and consider screened trays for airflow.

STORE THE SMART WAY



- **STAY FRESH:** Seal food completely and keep out of humidity, high temperatures, and sunlight to maximize taste and quality!

RESOURCES



HERE'S A FEW TO GET YOU STARTED

- Book:** Ball Book of Preserving
- Online:** ballmasonjars.com (canning & dehydrating directions)
- fsis.usda.gov/food-safety
- foodsafety.gov/keep-food-safe/foodkeeper-app

