



TIPS FOR STORING FOOD IN THE KITCHEN TO MAINTAIN FRESHNESS



FOODS TO STORE ON THE COUNTERTOP OR IN THE PANTRY:

Honey is very shelf-stable and will last a long time. If you chill honey it becomes hard to pour, so keep it in your pantry.

Tomatoes should be kept out of the fridge to avoid becoming mealy but store ripe ones in the fridge if not eaten within 1-2 days. Once cut, refrigerate to prevent bacterial growth.

Potatoes and Onions should not be stored together. Potato starch turns to sugar when refrigerated. Potatoes and onions should be stored in a cool, dry place such as the bottom of your pantry. Remove any potatoes and onions that go bad in the pantry from the rest.

Bread can stale quickly in the fridge due to the dry circulating air. If you're afraid your bread will become moldy because your kitchen is hot or humid, or because you won't be eating it quickly, freeze it.

Store **peanut butter** in the pantry for 2-3 months or in the fridge for 4-6 months. For natural peanut butter, refrigerate if the label recommends it to prevent oil separation.





FOODS THAT DO BETTER IN THE FRIDGE:

Olive oil and nut oils go rancid quickly when exposed to light and heat and refrigeration may cause these oils to become cloudy, but they'll clear up when they return to room temperature. Store in a cool, dark place

Butter should be kept cold. Your grandma may have kept her butter in a crock on the counter to keep it nice and spreadable. However, keeping butter refrigerated avoids risky bacterial contamination. If you want soft butter, remove it for a little while before serving to let it soften

Cheese may be best served at room temperature – but, like all animal-derived food, still needs to be stored in the fridge. Take it out a short time before serving for the best flavor. Perishable foods, including cheese, should be thrown out if they are kept out of the refrigerator for two or more hours. In the warmer months, that amount of time will be less

