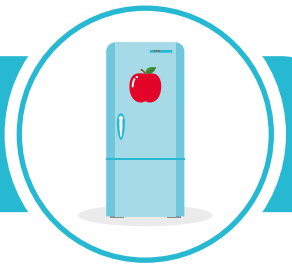
FOOD STORAGE

One of the most effective ways to reduce food waste in schools is to prevent it from happening in the first place. This can be done by properly storing food to prevent food from spoiling faster than it should. Here are some of our best food storage tips.

GENERAL STORAGE TIPS



DON'T OVERCROWD YOUR FRIDGE

There are two reasons to avoid overcrowding your fridge:

1. An overfilled refrigerator interferes with air circulation, reducing the effectiveness of the appliance.
   - Your refrigerator is using more energy to run and is at higher risk of breaking down.
   - An overcrowd refrigerator may have "warm spots" where food is not being cooled properly and spoils faster.
2. The overabundance of products makes it hard to see what you have!
   - Food is more likely to be forgotten and go bad when it's trapped behind bottles, containers or under a pile of produce.

INVEST IN AIRTIGHT CONTAINERS

If you frequently have cereal, crackers, granola or other dried snacks going stale, investing in some airtight containers* will reduce waste and save you money in the long run.

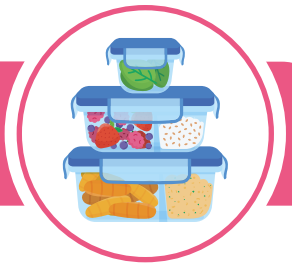
SOME FRUITS AND VEGGIES AREN'T FRIENDS

Some fruits and veggies, like apples and pears, produce high volumes of ethylene gas, which can cause other foods, like bananas, to ripen faster. The rule of thumb is to keep high producers of ethylene away from highly sensitive fruit.

* You can also save and reuse glass jars from other foods like pasta sauce.

Last Updated: June 2026

FREEZING

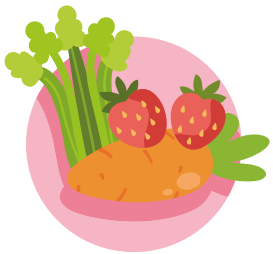


YOU CAN FREEZE ALMOST ANYTHING

Did you know that you can freeze almost anything? A great tip is to freeze food the way you plan on using it. Trim, cut or portion the food how you are going to cook it, then package and freeze it. It's also best not to refreeze already thawed food. This can affect its taste, texture and appearance.

VEGETABLES AND FRUITS

Regularly check your produce for signs of ripening. Any pieces of fruit that are past their prime can be puréed, poured into a sealed container and frozen for longer storage.



CHEESE

Cheese is a fantastic (and popular) choice for your breakfast dishes. Mozzarella and other types of cheese freeze very well. It's best to grate it or cut it up into individual servings before freezing.

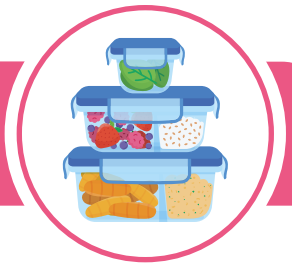


YOGURT

Yogurt can be frozen prior to the best-before date. Thaw in the fridge before serving. Place in a large bowl and mix vigorously (for a smoother texture). Then serve in a bowl or glass (rather than in the original packaging to avoid confusion around the best-before date).



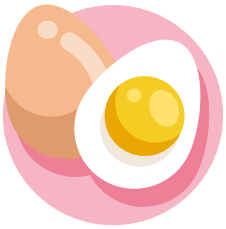
FREEZING



EGGS

Fresh eggs can be frozen uncooked if prepared as follows:

- Crack the eggs and whisk the yolk and white together. Pour into freezer-safe containers, cover and freeze.
- Separate the egg yolk and white to be frozen separately.

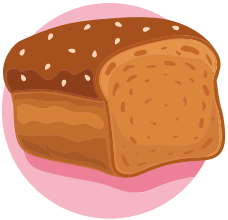


Either way, be sure to label the contents, indicating the number of eggs and the date of freezing.

Important:

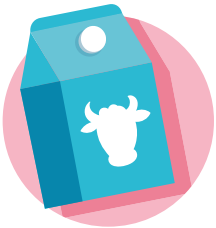
- Let thaw in the refrigerator overnight or run under cold water prior to using.
- Make sure thawed eggs are completely cooked through.
- Hard-boiled eggs are best not to freeze. When frozen, hard-cooked whole eggs and whites become tough and watery.

WHOLE-GRAIN BAKED GOODS



Store bread and other bakery items in the freezer to keep them fresh and extend their shelf life. Thaw at room temperature to revive their original taste and texture. You can refreeze thawed bread as needed, although this may dry it out.

MILK (REGULAR AND UHT)



UNOPENED milk in its original packaging can be kept for up to six weeks in the freezer without substantially affecting its nutritional value or flavour. Thaw in the refrigerator and whisk if separated. Note that thawed milk is best suited for cooking rather than drinking.