



# ways to keep and eat **FRESH FOOD**

If fresh is best, how can you get the freshest produce possible? And how do you get it to actually stay fresh and last for the week when you get home? I know this is a big struggle for many people. So, here's some tips to help you get and keep fresh produce!



Always shop for what is in season. This is how you will get the best quality and taste.



Find out when the produce trucks deliver to your store and shop on those days.



Check local farmers markets, market growers or community gardens for fresh produce.



Decide to grow things yourself and start a garden either in pots or your backyard.



Soak produce in water and a bit of vinegar, then rinse and dry completely.



When completely dry you can store produce in airtight containers, jars or bags.



Keep things separate from apples, bananas, pears and potatoes which speed ripening.



Once any counter produce ripens, move them to the fridge to slow the breakdown.

What produce do you have the hardest time keeping fresh?