

Video 4

Description: Paul Mercurio is in a kitchen.

Paul: G'day, Paul here! Now, storage is the absolute key to the preservation of our food, keeping our food safe, and of course reducing waste. And knowing how to store food correctly such as using the right containers or using your fridge in a more efficient way or utilising new technology – all means we'll be throwing out less unused food.

Description: Imagery of stored food in a pantry.

Paul: In this episode of Love Food Hate Waste – I am going to show you some of the ways to preserve all of this great food so that you can keep it fresher for longer. This will help you reduce waste – and save a bit of money too!

Description: Imagery of someone shopping and then storing food at home.

Paul: Now many people don't actually store food as it should be stored – reducing its freshness and shelf life.

Description: Paul is in a kitchen.

Paul: And here's some storage tips I've discovered along the way.

Description: Imagery of someone taking this out of a fridge.

Paul: Do you know how to use your fridge – sounds simple hey? But many of us don't use our fridges as well as we could. Avoid over-crowding your fridge and let the air circulate to help keep the space cool.

Description: Imagery of a meal being stored in a small serving size.

Paul: Don't freeze all of your unused food in one lot. Package as separate meal servings so that you can defrost what you need, when you need it.

Description: Imagery of someone pouring noodles into a container.

Paul: If you've got half a packet left – don't leave it open – use a clip or put what you've got left into an air-tight container – you know, biscuits, pasta, rice, nuts...

Description: Imagery of someone putting apples in a fridge.

Paul: If you keep your apples in the fridge, it will help them to last longer

Description: Imagery of someone taking bread out of a fridge.

Paul: Don't keep your bread in the fridge because it will go stale. Leave it on the bench or put it in the freezer.

Description: Imagery of bananas, banana cake and a banana smoothie being made.

Paul: Store bananas at room temperature to help them ripen and if you have too many ripe bananas, well, they can be refrigerated or frozen for later – chopped frozen banana is great in cakes and smoothies!

Description: Paul is in a pantry.

Paul: Get yourself some air-tight containers – the clear ones are fantastic - and don't forget to label so you know what's in there.

Description: Imagery of plastic wrap and a vacuum sealer.

Paul: I also use plastic wrap, airtight bags or my favorite – a vacuum sealer. They are absolutely brilliant in the kitchen – good for anything!

Description: Paul is in a kitchen.

Paul: So, as you can see, how we store our food really does have an impact on its freshness and its shelf life. Now if you want anymore handy tips, go to the website – lovefoodhatewaste.vic.gov.au and follow the links. Thanks for watching, catch you next time!