

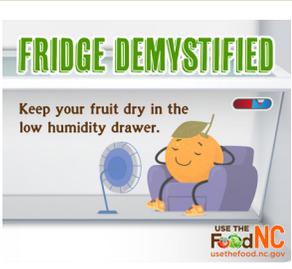
USE THE FoodNC

FOOD WASTE STOPS WITH ME

Smart Storage Social Media Guide

Food loss and waste occur at every stage of the supply chain, but the majority is generated in homes. In fact, ReFED estimates that North Carolina homes send more than 800,000 tons of wasted food to landfills each year. The N.C. Division of Environmental Assistance and Customer Service (DEACS) has created this social media guide to help North Carolinians get the most use out of their groceries. Sharing these tips on how foods can be stored helps them last longer, saves money and reduces waste. For more information or questions about the toolkit, contact Christine Wittmeier at christine.wittmeier@deq.nc.gov or 919-707-8121.

Do Your Part — Use the Food. #UsetheFoodNC

IMAGE	TEXT FOR FACEBOOK AND TWITTER CAPTION
 <p>FRESH FOOD TIP Do not wash fruits and vegetables until ready to use.</p>	<p>Don't let your money go to waste. Washing produce too early may lead to mold. Wait to wash fruits and vegetables until ready to use.</p> <p>Check out the new Use the Food NC Storage Guide to learn more: https://bit.ly/FoodStorageNC #UsetheFoodNC #LoveFoodHateWaste #foodwastetips #NCDEQ</p>
 <p>FRESH FOOD TIP Keep food in its favorite environment to stay fresh longer.</p>	<p>Different foods prefer different environments. Some fruits like bananas should stay on countertops at room temperature while apples will keep longer in the crisper drawer in the refrigerator.</p> <p>Check out the new Use the Food NC Storage Guide to learn more: https://bit.ly/FoodStorageNC #UsetheFoodNC #LoveFoodHateWaste #foodwastetips #NCDEQ</p>
 <p>FRIDGE DEMYSTIFIED Keep your leafy greens and vegetables hydrated in the high humidity drawer.</p>	<p>High and low humidity drawers are designed to store fruits and vegetables so they stay fresh for longer. What's the difference? High humidity should contain thin-skinned or leafy vegetables that are prone to wilting (ex: lettuce, herbs, carrots, zucchini, and green beans).</p> <p>Check out the new Use the Food NC Storage Guide to learn more: https://bit.ly/FoodStorageNC #UsetheFoodNC #LoveFoodHateWaste #foodwastetips #NCDEQ</p>
 <p>FRIDGE DEMYSTIFIED Keep your fruit dry in the low humidity drawer.</p>	<p>High and low humidity drawers are designed to store fruits and vegetables so they stay fresh for longer. What's the difference? Low humidity drawer should contain fruits that are prone to mold and give off a gas called ethylene (ex: apples, ripe pears, citrus, and cherries).</p> <p>Check out the new Use the Food NC Storage Guide to learn more: https://bit.ly/FoodStorageNC #UsetheFoodNC #LoveFoodHateWaste #foodwastetips #NCDEQ</p>

FRESH FOOD TIP

Not all produce likes the fridge!



Some fruits that are not yet ripe should be stored on the counter (tropical fruit, pears, avocados), while some produce should always stay on the counter like tomatoes, eggplant, and bananas.

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PANTRY DEMYSTIFIED

Some foods thrive in cool, dry, dark places.



Dry foods like onions, garlic, and potatoes will last longer when stored in a cool, dry, dark place such as a pantry or cupboard.

Check out the new Use the Food NC Storage Guide to learn more:
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#UsetheFoodNC #LoveFoodHateWaste #foodwastetips #NCDEQ

FRESH FOOD TIP

Limp greens love a swim!



Immerse limp greens in ice water to refresh them.

Wilted lettuce doesn't need to be thrown away. Immersing it in ice water for 30 minutes or a glass of water for a few hours helps the greens perk up!

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#UsetheFoodNC #LoveFoodHateWaste #foodwastetips #NCDEQ

FRESH FOOD TIP

Refrigerate cut or peeled produce and store in clear containers so you can see what's inside.



After prepping produce, store it in the fridge in clear containers to keep it cool and so you can see what's inside.

Check out the new Use the Food NC Storage Guide to learn more:
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#UsetheFoodNC #LoveFoodHateWaste #foodwastetips #NCDEQ

FRIDGE DEMYSTIFIED

Did you know the door is the warmest place in the fridge?



Place milk, eggs and butter in the back of the fridge to keep them fresh longer.

Don't let your money go to waste. Keep milk, eggs, and butter in the back of the fridge. The door is too warm for dairy products.

Check out the new Use the Food NC Storage Guide to learn more:
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FRESH FOOD TIP

Keep meat fresh on the bottom shelf of the fridge or in the meat drawer.



Don't let your money go to waste. Store fresh meats in airtight packaging on the bottom of the refrigerator or in the meat drawer because it's the coldest section.

Check out the new Use the Food NC Storage Guide to learn more:
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FRESH FOOD TIP

Keep your herbs happy in the fridge.



Wrap them in a damp cloth and place them in a breathable bag or container.

Herbs (except basil) stay fresh longer in a cool, moist environment. Wrap them in a damp cloth and place them in a breathable bag or container.

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FRESH FOOD TIP

Basil is special! It should be treated like cut flowers and placed in a glass of water on your counter.



The cold is likely to cause basil leaves to brown quickly. Instead, treat it as you would cut flowers. Trim stem ends and stick the bunch in a tall glass of water. Then, loosely cover with a plastic bag and keep on the counter, changing the water daily.

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FRESH FOOD TIP

Bread is pretty cool...
in fact, it's frozen.



Bread can be stored
in the freezer for up
to six months!



If you are not going to use bread within two days, consider freezing it for up to six months! Thaw at room temperature or put directly in the toaster or oven.

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