

A national program by



Nourishing Our Country

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NEST

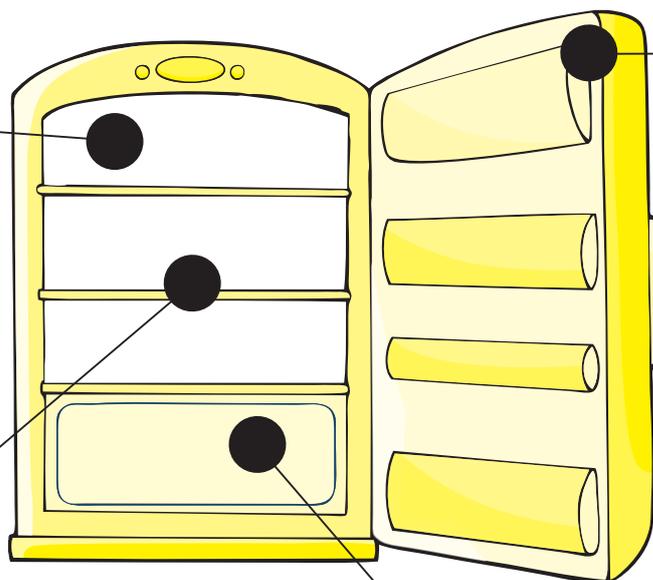
Nutrition Education
Sustenance Training

KNOW YOUR FRIDGE!

THE TOP SHELF

The top shelves in the fridge are great for storing things like open jars of food, margarine and leftovers.

Easy to access and to see what is available to use.



THE FRIDGE DOOR

The fridge door is often a haven for random things. Typically you will find milk, fruit juice and eggs, amongst other things hidden in the fridge door. It is good to keep in mind that the fridge door tends to be the warmest area of the fridge so the items that are particularly perishable, such as raw meat and seafood, should not be stored in the door.

THE MIDDLE AND BOTTOM SHELVES

Raw meats and sea foods are best to live as close to the bottom of the fridge as possible. There are a few reasons for this – this tends to be one of the coldest areas of the fridge and therefore increases shelf life of the product also there is less chance of cross contamination from raw meat juices dripping down through the shelves in the fridge if the meat is at the bottom of the fridge.

It is best to store the raw meats in a container that could capture any leaks that may occur during refrigerating.

THE CRISPER

This is the perfect spot to keep your fresh fruit and vegetables, especially the fruits and veggies that are perishable. Green leafy veggies and soft fruits are best kept in the crisper to get the most out of them.

🔄 STOCK ROTATION

With any form of food storage it is really important to rotate the stock meaning that the oldest products are at the front and the new food is at the back. By making sure that you put your shopping away in this order will help to keep the amount of food you waste down and therefore save you money and time.



NEST – NICE. EASY. SIMPLE. TIPS.