

M&S  
— FOOD —

sparkling  
change.

*The Challenge*

Top tips to store  
your food right

# Store it right

Storing food in the correct way helps it to last longer which is good for your pocket, the planet and your tastebuds. Below is advice on how to store some of the most wasted foods. Love Food Hate Waste have a handy A-Z of food storage with even more information. Check it out [here](#).



## Fruit and vegetables

Should be kept in the drawer at the bottom of the fridge (in original packaging or a loosely tied bag). The exceptions are onions, potatoes, bananas, mushrooms and whole pineapple, which should be kept in a cool and dark place, but not the fridge. Why not try a [fridge forage stir fry](#)?

Keep potatoes and onions separate as onions can give off a gas that makes potatoes start to go off. Bananas should generally keep their distance from other fruit and veg. For squidgy bananas try this [breakfast banana bread with a honey and cereal topping](#).



## Salad

Wrap salad in a loosely tied plastic bag and keep it in the bottom drawer of your fridge. Do you have a surplus of salad and bread? Try a [fattoush](#).



## Meat and poultry

Store raw meat and poultry in clean, sealed containers on the bottom shelf of the fridge (above the bottom draw where the veg lives). Leftover bacon and chicken? Make a [Cajun chicken and bacon salad](#).



## Bread

Is best kept in a cupboard or bread bin, but not in the fridge. Slice and freeze your bread for a constant supply of fresh toast. Have a bit too much bread? Make a [pappa al pomodoro](#) or [summer pudding](#).



## Cheese

Keep cheese in re-sealable packs or a tub to prevent it drying out. Most cheeses freeze well, and hard cheese can be frozen - grated or whole! Follow this [macaroni cheese](#) recipe for a cheesy treat.



## Eggs

Should be kept at a constant temperature below 20°C. Want to know if your egg is still fresh? Float it in a bowl of water. The least fresh will float to the top whilst newer eggs will sink. Take a journey to Mexico with this [huevos rancheros](#) recipe.



## Cereals, pulses, grains

Store your dry goods in glass jars or in plastic containers. This keeps them fresher for longer and makes it easier to see how much you have. Love lentils? Cook a [mushroom and lentil bolognese](#).



## Fresh herbs

Store loose leaves in a bag, in the salad drawer of the fridge. The exception is basil - keep it out of the fridge or it will turn black. Herb pots of chives, coriander, dill, mint, oregano, parsley and rosemary should be kept away from extremes of temperatures on the windowsill. Try this flexible recipe for [pesto and pine nut pasta](#).