MEAL PREP HACKS

How to make food last longer

Wash fruits & veggies with water and vinegar

This combo kills bacteria, helping your food stay fresher longer. Keep a spray bottle on hand with 1 part vinegar and 3 parts water for an easy DIY produce wash.

Store certain cut veggies in water

Storing hardier cut veggies like carrots, celery, and potatoes in water can help prolong freshness. Just be sure to change the water out every few days.

Store fresh herbs like flowers

To keep herbs fresh, snip off the ends and place them in a mason jar with 1-2 inches of water (similar to a vase of flowers). Cover the top with a produce bag and store in the fridge. This also works well with asparagus!

Freeze it

If you don't plan to eat something in the next 3-4 days, freeze it. Leave one inch of headspace so food can expand as it freezes. To extend freshness, keep your freezer set at 0 degrees Fahrenheit or below and your fridge set at 40 degrees Fahrenheit or below.