



1. Perfect Temperature



2. Optimal Flavours



3. Before Freezing



4. Fruits and Vegetables



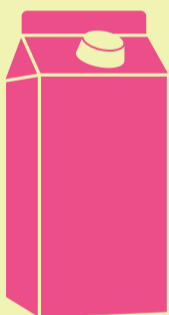
5. Meat and Fish



6. Root Vegetables



7. Broccoli and Celery



8. Perishables



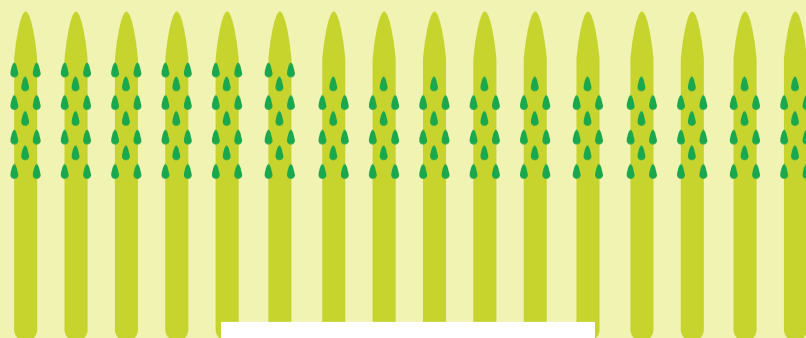
9. Lettuce



10. Cheese



11. Perfect Temperature



12. Asparagus

1 Perfect Temperature

The temperature of your freezer should be set at -18°C or colder.

2 Optimal Flavours

Once their recommended storage time has expired, frozen foods lose their flavour and nutritional value.

3 Before Freezing

Blanch vegetables before freezing.

4 Fruits and Vegetables

Keep your fruits and veggies whole and chop them only when you're ready to use them.

5 Meat and Fish

Keep raw meat and fish separate from other food in the fridge.

6 Root Vegetables

Cut off leaves from root vegetables to keep them from drying out.

7 Broccoli and Celery

Refrigerate broccoli and celery in perforated plastic bags.

8 Perishables

Store perishables on the bottom shelf, not in the fridge door.

9 Lettuce

Cover lettuce with a moist paper towel and store in a plastic container.

10 Cheese

Cut off 1 to 2 cm of spoiled fine cheese and store the rest in a new container.

11 Perfect Temperature

The temperature of your fridge should be set between 0°C and 4°C.

12 Asparagus

Wrap fresh asparagus in moist paper towels.