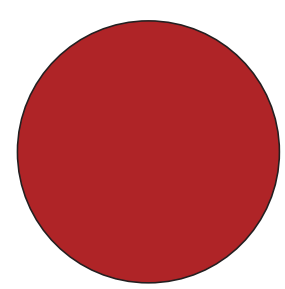


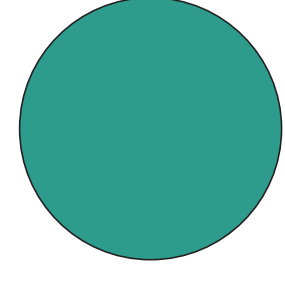


Herbs

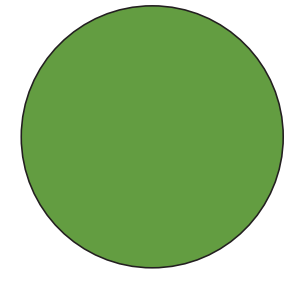
FLAVOURING WITH FRESHNESS



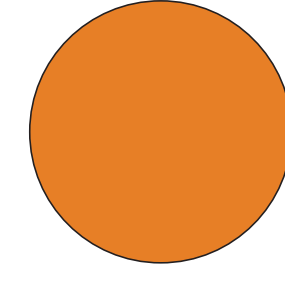
WHERE TO
STORE



HOW TO
STORE
(FRIDGE: 5°C/40°F)



HOW LONG IT
WILL KEEP



GOES
WELL WITH



BASIL



COUNTERTOP
IN A JAR, STEMS IN WATER
7-10 DAYS
PEPPERS, TOMATO, EGGPLANT,
ZUCCHINI, CHICKEN, BEEF, FISH,
PESTO, STIR FRY, STEW

CHIVES



FRIDGE
ROLLED IN DAMP
PAPER TOWEL & SEALED
7-12 DAYS
POTATO, ASPARAGUS,
CHICKEN, FISH, EGGS, RISOTTO

PARSLEY



FRIDGE
IN A JAR, STEMS IN WATER
7-10 DAYS
MUSHROOMS, PEAS,
CUCUMBER, TOMATO, BEEF,
CHICKEN, FISH, LAMB

DILL



FRIDGE
ROLLED IN DAMP
PAPER TOWEL & SEALED
10-14 DAYS
CABBAGE, POTATO, CARROTS,
GREEN BEANS, BEEF, FISH

SAGE



FRIDGE
ROLLED IN DAMP
PAPER TOWEL & SEALED
10-14 DAYS
BRUSSELS SPROUTS, SQUASH,
PORK, BEEF, TURKEY, STUFFING,
ROASTED VEGGIES

OREGANO



FRIDGE
ROLLED IN DAMP
PAPER TOWEL & SEALED
10-14 DAYS
PEPPERS, EGGPLANT, TOMATO,
POTATO, ZUCCHINI, CHICKEN,
BEEF, LAMB, FISH, PIZZA

CILANTRO



FRIDGE
IN A JAR
STEMS IN WATER
7-10 DAYS
AVOCADO, TOMATO,
PEPPERS, CHICKEN, FISH,
LAMB, LENTILS, SHELLFISH

ROSEMARY



FRIDGE
ROLLED IN DAMP
PAPER TOWEL & SEALED
10-14 DAYS
MUSHROOM, PEAS, POTATO,
CHICKEN, PORK, FISH,
LAMB, FOCACCIA BREAD,
ROASTED VEGGIES

MINT



FRIDGE
ROLLED IN DAMP
PAPER TOWEL & SEALED
7-10 DAYS
CARROT, EGGPLANT,
WATERMELON, ZUCCHINI,
BEANS, LENTILS, LAMB,
FRUIT SALAD

THYME



FRIDGE
ROLLED IN DAMP
PAPER TOWEL & SEALED
10-14 DAYS
CARROT, POTATO, SQUASH,
CHICKEN, PORK, LAMB, FISH,
ROASTED VEGGIES, STEWS

FRESH

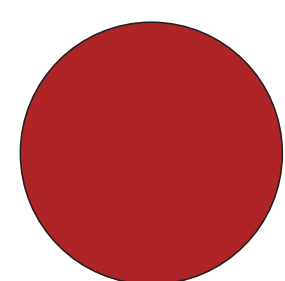


The information contained in these charts are for general information purposes only. Results may vary depending on household.

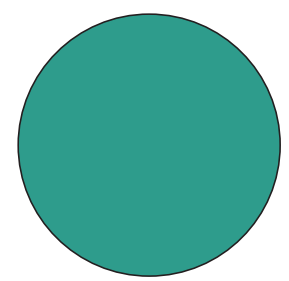


Meats

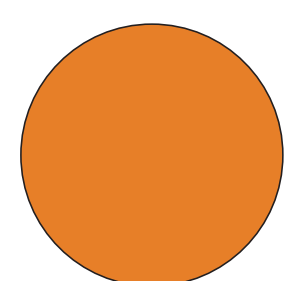
THE ULTIMATE GUIDE TO PROTIENS



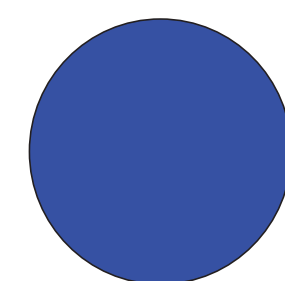
WHERE TO
STORE



HOW TO
STORE
(FRIDGE: 5°C/40°F)



HOW TO
COOK



INTERNAL TEMPERATURE
FOR THE PERFECT DONENESS
(HEALTH CANADA)



POULTRY



FRIDGE: MID-TIER SHELF
ORIGINAL PACKAGE
BBQ, GRILL, STEW,
ROAST, BAKE
PIECES:
74°C / 165°F
WHOLE:
82 °C / 180°F

BEEF / VEAL / LAMB



FRIDGE: MID-TIER SHELF
ORIGINAL PACKAGE
BBQ, GRILL, PAN-FRY, BROIL,
ROAST, BRAISE, STEW
RARE: 57°C / 135°F
MED-RARE: 63°C / 145°F
MEDIUM: 71°C / 160°F
MED-WELL: 74°C / 165°F

PORK



FRIDGE: MID-TIER SHELF
ORIGINAL PACKAGE
BBQ, GRILL, PAN-FRY,
BRAISE, STEW, ROAST
PIECES OR WHOLE:
71°C / 160°F

GROUND MEAT BURGERS, MEATBALLS, SAUSAGE



FRIDGE: MID-TIER SHELF
ORIGINAL PACKAGE
BBQ, GRILL,
PAN-FRY, BAKE/ROAST
BEEF, PORK, LAMB:
71°C / 160°F
POULTRY:
74°C / 165°F

PREPARED PRODUCTS

FISH



FRIDGE: MID-TIER SHELF
ORIGINAL PACKAGE
GRILL, PAN-FRY, BROIL,
POACH, BAKE
70°C / 158°F
(FLAKES EASILY WITH FORK)
SHELLFISH: 74°C / 165°F

BACON



FRIDGE
ORIGINAL PACKAGE /
SEALED
GRILL, PAN-FRY, BROIL,
OR ROAST IN RECIPE

HOT DOGS



FRIDGE
ORIGINAL PACKAGE /
SEALED
GRILL, PAN-FRY, BBQ,
BAKE/ROAST IN RECIPE
74°C / 165°F

COLD CUTS



FRIDGE
ORIGINAL PACKAGE /
SEALED
ADD TO SANDWICH,
OMELET, QUICHE, PIZZA

TASTE

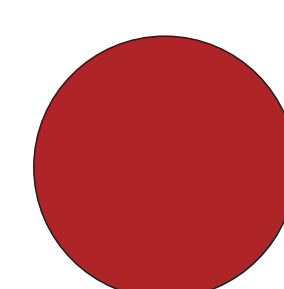


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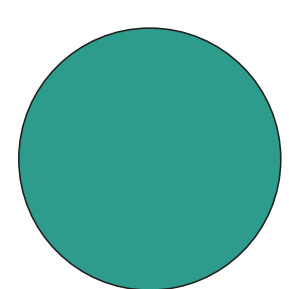
Fruit

HOW TO RIPEN AND SEAL IN FRESHNESS

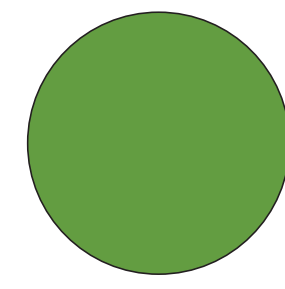
FRUITS + VEGGIES
LOCOCO'S
FRESH MEATS



**WHERE TO
STORE**



**HOW TO
STORE**
(FRIDGE: 5°C/40°F)



**HOW LONG IT
WILL KEEP**

FRUITS + VEGGIES
LOCOCO'S
FRESH MEATS

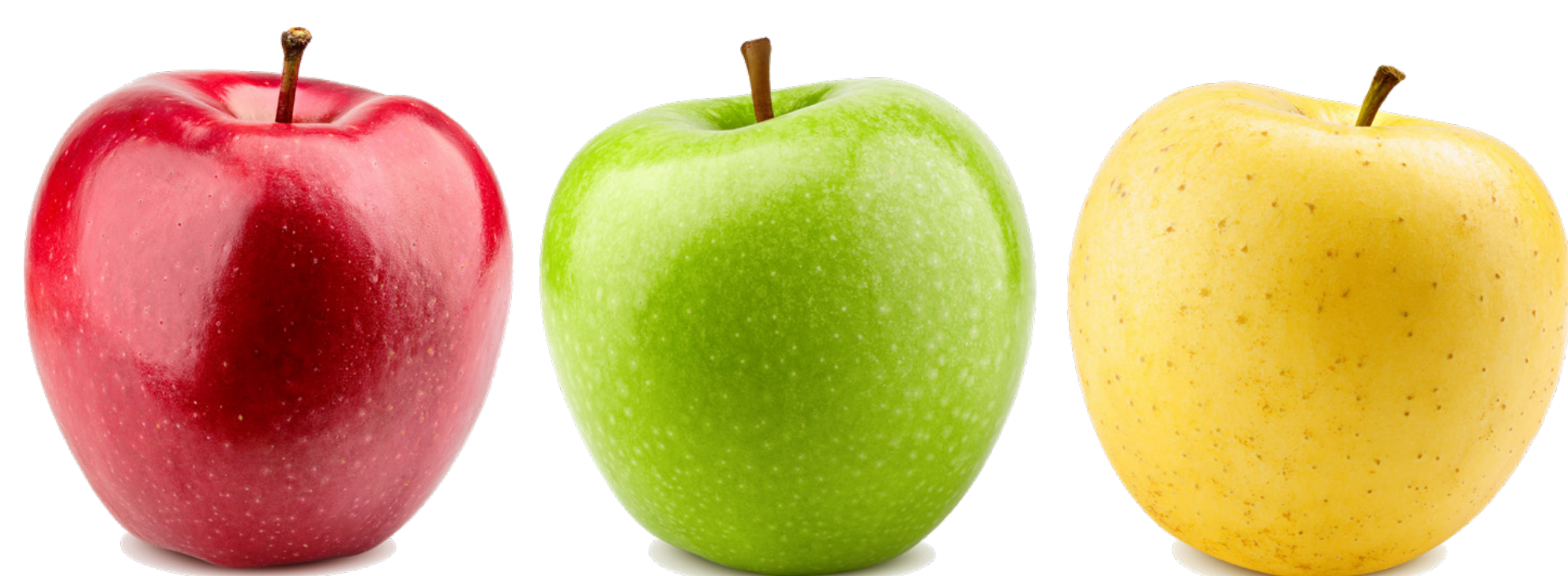
TIP: FRUIT TASTES BEST AT ROOM TEMPERATURE

BANANA



COUNTER TOP
UNWRAPPED
3 DAYS ONCE RIPE

APPLE



FRIDGE DRAWER
UNWRAPPED
3 WEEKS

PEAR



COUNTER TOP
UNWRAPPED
4 DAYS ONCE RIPE

CITRUS



FRIDGE SHELF ONCE RIPE
UNWRAPPED
2 WEEKS

AVOCADO



COUNTER TOP TO RIPEN
FRIDGE WHEN RIPE
UNWRAPPED
4 DAYS ONCE RIPE

MELON



COUNTER TOP TO RIPEN
FRIDGE WHEN RIPE
UNWRAPPED
5 DAYS ONCE RIPE

GRAPES



FRIDGE DRAWER
PERFORATED BAG
1-2 WEEKS

BERRIES



FRIDGE DRAWER
UNCOVERED OR VENTED
CONTAINER
3-5 DAYS

PINEAPPLE



TOMATO



PLUM



PEACH



MANGO



KWI



COUNTER TOP TO RIPEN
FRIDGE WHEN RIPE
UNWRAPPED
5-7 DAYS

TRUST

FRUITS + VEGGIES
LOCOCO'S
FRESH MEATS

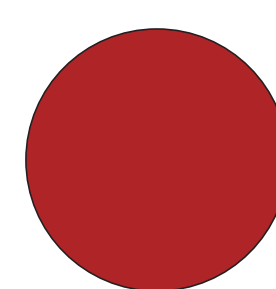
FRUITS + VEGGIES
LOCOCO'S
FRESH MEATS

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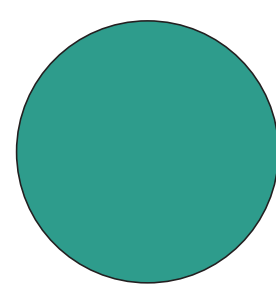
Vegetables

KEEPING THE FRESHNESS ALIVE

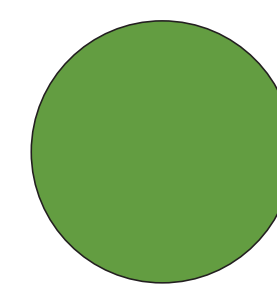
FRUITS + VEGGIES
LOCOCO'S
FRESH MEATS



**WHERE TO
STORE**



**HOW TO
STORE**
(FRIDGE: 5°C/40°F)



**HOW LONG IT
WILL KEEP**

FRUITS + VEGGIES
LOCOCO'S
FRESH MEATS

CARROT & PARSNIP



**FRIDGE DRAWER
WRAPPED
2-3 WEEKS**

BEETS



**FRIDGE SHELF
WRAPPED
2 WEEKS**

BROCCOLI



**FRIDGE SHELF
WRAPPED
5 DAYS**

MUSHROOMS



**FRIDGE SHELF
PAPER BAG
3-5 DAYS**

CELERY



**FRIDGE DRAWER
WRAPPED
2 WEEKS**

CABBAGE



**FRIDGE DRAWER
WRAPPED
2 WEEKS**

HEAD OF LETTUCE



**FRIDGE DRAWER
SEALED +
DRY PAPER TOWEL
5 DAYS**

CAULIFLOWER



**FRIDGE DRAWER
WRAPPED
5 DAYS**

GREEN BEANS



**FRIDGE DRAWER
SEALED +
DRY PAPER TOWEL
5-7 DAYS**

PEPPERS



**FRIDGE DRAWER
WRAPPED
5-7 DAYS**

LEAFY GREENS



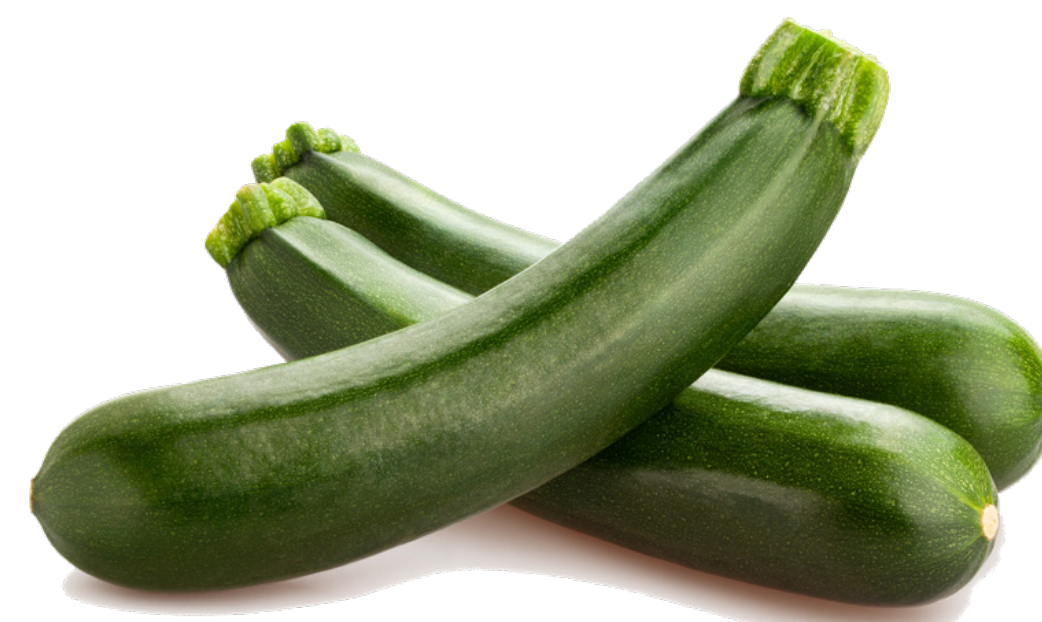
**FRIDGE DRAWER
SEALED +
DRY PAPER TOWEL
5 DAYS**

ASPARAGUS



**FRIDGE SHELF
STEMS IN WATER
4 DAYS**

ZUCCHINI



**FRIDGE SHELF
SEALED +
DRY PAPER TOWEL
1-2 WEEKS**

GREEN ONION & LEEKS



**FRIDGE SHELF
SEALED +
DRY PAPER TOWEL
1-2 WEEKS**

RADISH



**FRIDGE SHELF
SEALED +
DAMP PAPER TOWEL
2 WEEKS**

GINGER



**UNCUT
FRIDGE SHELF
UNWRAPPED
3-4 WEEKS** | **CUT
FRIDGE SHELF
WRAPPED
1-2 WEEKS**

GARLIC & ONION



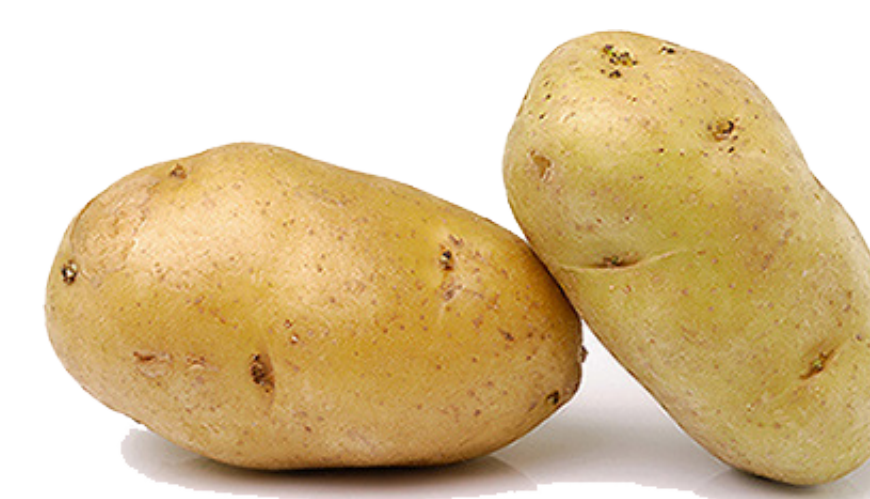
**DARK PANTRY
UNWRAPPED
3-4 WEEKS**

SQUASH



**DARK PANTRY
UNWRAPPED
3-4 WEEKS**

POTATO



**DARK PANTRY
PAPER BAG
3-4 WEEKS**

SWEET POTATO



**DARK PANTRY
PAPER BAG
2 WEEKS**

FRUITS + VEGGIES
LOCOCO'S
FRESH MEATS

