

Did you know?

* Did you know that if your fridge is just a couple of degrees too warm, your vegetables are likely to go off much quicker, check that temp!!
* Did you know that many people think that as soon as the date expires on their vegetables, they are no longer edible. This is not the case because it is only a best before, meaning that it will be at its ultimate best before this date.
* Did you know, keeping fruit in the fridge can assist in it lasting 2 weeks longer than in a fruit bowl. Banana and Pineapple should not be kept in the fridge but in a cool place.
* Did you know that nearly all foods can be frozen, so many people leave food to chance that they may have it another day, however if you freeze it, you can defrost it and use it within 24hours.

