

Keep it Fresh

Prolonging
your produce.

betr[®]
HEALTH



Sprinkle lemon juice on fruit to keep from browning.



Buy greens in bulk and freeze. Easily add to soups or smoothies!



Use glass instead of plastic to prolong freshness.



Store fresh herbs in water, like flowers to retain freshness.



Put a paper towel with your lettuce to keep away condensation.



Avoid washing berries ahead of time which can reduce shelf-life.



Store fresh cut veggies in a thin layer of water to keep them crunchy.



Store nuts and seeds in the fridge to maximize freshness and taste.