



Welcome to our monthly Newsletter...

Don't let your food go to waste! Retain more for longer.

Food wastage or spoilage is often caused by incorrect storage or in most cases forgotten in the fridge or pantry for a long period of time. If good personal hygiene practices aren't applied, food may be exposed to the risk of contamination putting your health at risk. It is estimated we **throw away a third** of the food we buy each week!

Below we have written up a few tips to help retain your food for longer:

- Rotate foods using a first in first out policy.
- Blue vein cheese are formed by mould growth, so remember to store blue cheeses separately from other cheeses.
- Store bread in a drawer or cupboard. If you don't intend to use the bread for more than five days after purchase, store it in a sealed plastic bag in the freezer.
- Don't store milk and eggs on the side door of the fridge, where it tends to be warmer, instead keep them on the shelves of the fridge.
- Extend the shelf life of lettuce and other leafy veggies by washing and drying them, tear the leaves from the stems and place in a sealed plastic bag with paper towels to absorb extra moisture.
- It is best to use berries soon after purchasing as they spoil quickly. Spread evenly on a tray or in a shallow container and uncovered in the fridge. Remember not to wash until just before use.
- Stand parsley and coriander upright in a glass container with 1-2cm of water. Cover with a plastic bag and secure with an elastic band. Store in the fridge.
- Transfer leftover foods to a glass or plastic container before refrigerating.
- Raw meats, fish and poultry should be well wrapped or stored in containers to prevent their juices leaking onto other foods or the inside of the refrigerator.

- Moisture will turn basil leaves black and limp, so wrap them in a dry paper towel and store in a sealed plastic bag in the fridge.
- Wrap herbs such as mint, oregano, sage and thyme in damp paper towel and store in a sealed plastic bag in the fridge.

DESIGNER DIETS RECIPE OF THE MONTH

Mediterranean Tuna Salad

Serves 4

Cooking time 20 minutes



Ingredients:

- 1 baby cos lettuce, leaves torn
- 200g red grape tomatoes, halved
- 1 small red onion, halved, thinly sliced
- 1 Lebanese cucumber, cut into 2cm cubes
- 1/3 cup reduced fat feta cheese
- 1/3 cup pitted kalamata olives
- 2 tablespoons chopped fresh oregano
- 2 x 185g cans Tuna in Olive Oil, Chunk Style, drained
- 1/4 cup red wine vinegar

Directions:

1. Place lettuce, tomatoes, onion, cucumber, capsicum, feta, olives and oregano in a large bowl.
2. Add tuna (undrained). Drizzle with vinegar. Season with pepper. Toss gently to combine. Serve

We hope you have enjoyed our monthly newsletter and look forward to hearing from you in the near future.

Warm regards, Geraldine Georgeou, Marianne Ghattas and the Designer Diet Team