
TIPS TO PREVENT FOOD SPOILAGE



Whether you have an abundance of garden goodies or are down to your pantry staples, the Chickasaw Nation Nutrition Services team has tips to help stretch your food resources.

Search **GetFreshCooking.com** to look for recipes using ingredients you may already have on hand.



- > Use **bananas** that are about to go bad in muffins, breads, cookies or smoothies.
- > Wrap the stems/top part of the **banana** in plastic cling wrap.

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- > Freeze **fruit** and yogurt to use later in smoothies.



- > Chop **peppers, onions** or **tomatoes** to freeze and use later in soups or spaghetti sauce.

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- > Freeze sliced **citrus fruit** on a baking sheet and then store in a clean plastic zip top freezer bag.

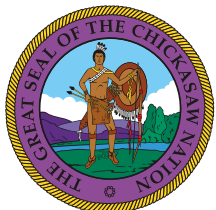


- > Store **mushrooms** in a paper bag.

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- > Put **fresh chopped herbs** in olive oil and freeze in ice cube trays. Store in zip top freezer bags.



- > Save the leftover vinegar liquids from **olives, capers** and **other jarred produce** and use for salad dressing.



the
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Find great recipes, nutrition and kitchen tips from the Chickasaw Nation Get Fresh! Program at **GetFreshCooking.com**.