

## TIPS: HOW TO ACE FOOD FRESHNESS

Professional organiser and founder of Get Organised & Beyond Nathalie Ricaud says organisation helps to keep things fresh.

Says Ms Ricaud, 45: "It's all about location."

Group items by categories, for instance, dairy, meat and greens, and assign a location to each category.

Also, make use of drawers, plastic bins or baskets to keep the categories together. Always return the items to its proper space after use.

Put items with the closest expiry date in front so that you eat them before they turn bad.

One way to beat wastage from expired foods is to not stuff the fridge to the gills.

Ms Ricaud, says: "Buy what you plan to consume in between trips to the supermarket. A great way to achieve this is to plan your meals, do an inventory check before going to the grocery shop, and shop with a list."

A quick way to take stock: Snap what's on the shelves on your smartphone.

Move the older items forward to make space for the fresher produce. Go through your fridge once a week and rearrange items that may have been misplaced, suggests Ms Ricaud.