

STORING THOSE LEFTOVERS

Food is expensive, Cragman. What you have to remember is that for every penny you waste, it's a penny you don't have to spend on something you want. As they used to say, "A penny save is a penny earned." So keeping leftovers in good condition saves money and also makes them a whole lot better to enjoy at a later date.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

For the next two weeks, you are on leftovers duty. Under the watchful eye of your parents, show you can make good decisions to increase the longevity of that precious food.

LEVEL I

B-6

* An obvious choice is to break out the plastic tubs with snap-on lids. These work well and, if you plan to eat it in a few days, are a super convenient way of taking care of business. If you are freezing them though, that air space will dry out fairly fast and start causing freezer burn.

* Zip-Lock bags are a good alternative, especially for liquid items or if you are going to freeze the leftovers. If you are freezing, get as much air out as you can. The hack I use is to submerge the bag in water all the way up to the zippy bit and then seal it. The water pressure crushes the bag and gets all the air out, so no freezer burn.

* Now, if you have leftovers that perhaps are still in the cooking pan or a casserole dish, often you want to place those in the fridge as is. In this case use a cling plastic wrap or an aluminum sheet. Aluminum is best if you will reheat the food in a conventional oven. For cling plastic wrap, the microwave will be the re-heat destination.

* Interesting life hack: If you are struggling when pulling foil or cling wrap out of the box; the whole tube coming out and rolling across the kitchen floor. Push the side tabs in on the ends of the box. This will prevent the tube from coming out.

* Never wrap acidic foods like tomatoes or berries in aluminum foil. It reacts with the acid and that can be undesirable.

* Cling wrap is an ideal solution for keeping food airtight, and if sealed around a shiny surface, like glass or ceramic, will be water tight too.

