Food Storage
“No need, no buy”

To save money, we often buy food on sale. However, we may buy more than we need, just because things are cheap. Over time we build up a large amount of food in storage, but food (canned or frozen) does not last forever. Follow these tips to keep our stored food safe:

- Buy food if it will be eaten within the month.
- Buy foods that are eaten frequently or regularly. These foods may include canned or frozen fruit or veggies, or soups.
- Share food with a friend or neighbor if a bulk purchase (i.e. rice, eggs, chicken) is made.
- Check and clean the refrigerator, freezer, and pantry once a week, before grocery shopping.

- Buy smaller portions of commonly eaten foods such as rice or oatmeal.
- Buying things in bulk may seem cheaper, but it may be more expensive in the long run if we do not share our food or have to throw food away.
- Buying smaller portions also applies to eating out.
  - Buy a “mini” instead of the regular sized plate lunch.
  - It may be tempting to buy a combo meal, value meal, or other type of meal deal, but try to purchase food that can be eaten in one sitting.

* Please check with your doctor or health care professional before making dietary changes

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