



## How to Choose Eco-Friendly Food Storage Options

1. Avoid plastics (even recyclable plastics) labeled #3 and #6. The USDA also cautions that plastic wrap should be kept from touching food in the microwave. Wraps made from PVC, as well as polycarbonate and polystyrene containers, contain chemicals that are being examined for links to birth defects, cancer and fertility problems, and they also leach more quickly and easily into hot fatty foods. Even at room temperature, PVC cling wraps and those used to package deli/grocery meat and cheeses, can release these chemicals.
2. Use biodegradable, unbleached wax bags to store cheeses and cold cuts. These are available in Whole Foods stores and are compostable.
3. Cover with foil, or better yet, a plate, when storing in the fridge rather than plastic wrap.
4. Get more organized by simply buying Pyrex or any other glass or ceramic option to use as storage containers.

Tip: Thick, sturdy Tupperware that you use repeatedly is generally a better choice than that flimsy, thin plastic container with the blue lid that you may toss after just one use!

<http://www.ehow.com>

- Food Prep Safety  
<http://findarticles.com>

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provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.



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