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Do You Have Suggestions For Using Some Of My Older Food Storage Items?

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A weekly question/answer column

**Do You Have Suggestions For Using Some
Of My Older Food Storage Items?**

Rebecca Low answers:*

The longer food is stored the more the flavor, texture, color, and odor will change. For food which is safe and the quality still high enough to be desirable, try the following suggestions:

- Make fruit leather. Puree, season to taste, spread thinly on plastic wrap lined drying trays and dry.
- Use in baked goods. Puree and use as an added ingredient in the recipe, or puree may replace part of the fat/oil called for in the recipe.
- Make a smoothie by pureeing fruit, mixing yogurt, ice cream, etc, and season to taste. Makes a nice breakfast replacement.
- Use smaller amounts. If the taste is strong try using the food item as a secondary ingredient in other dishes (small amounts are not as easily detected as when the food is used as the primary ingredient). For example, the taste of old dry milk made into a smoothie may be detected by discriminating taste buds, but the taste of old dry milk used in a pancake mix may be unnoticed.
- To avoid trying to find ways to use old food storage:
- Begin today by storing the foods that are most used in your household.
- Begin today to use all stored foods, and replace that food as it is used. The food that is stored will never be any fresher than it is today.
- Manage your food storage wisely by using it today, tomorrow, next week, and next month. In other words, do not let it set waiting for a disaster, use it.

* Rebecca Low is Utah State University Extension Home Economist for Salt Lake County