

## INFORMATION FOR THE SAFE STORAGE OF H2G PRODUCT

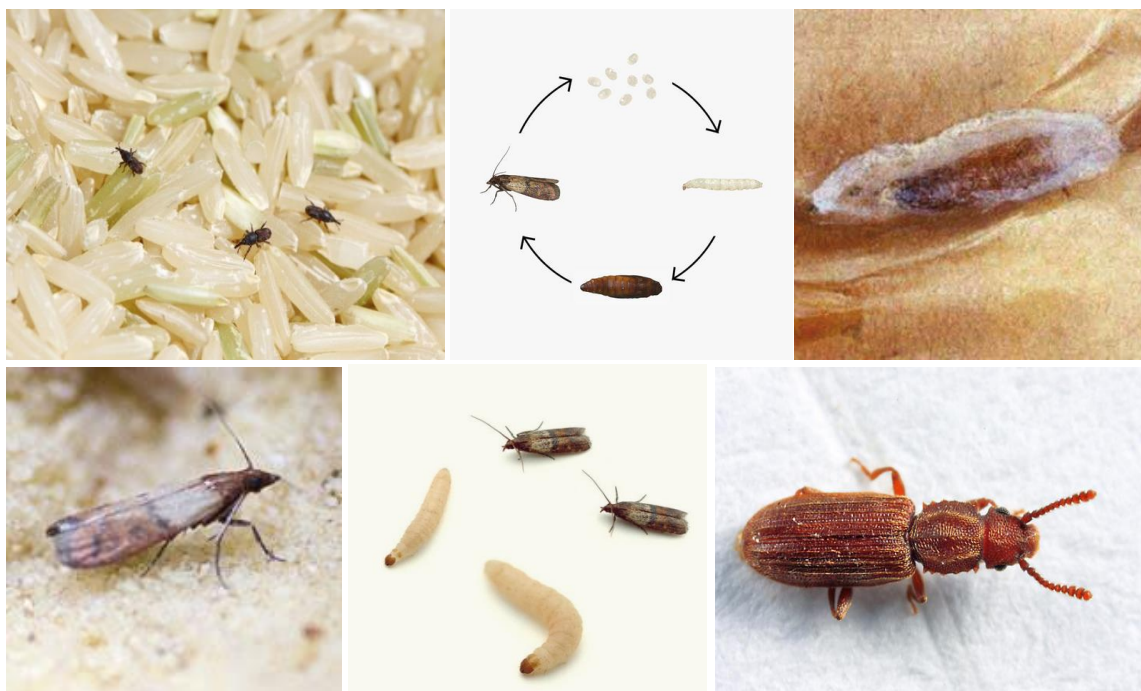
*To avoid infestation in your Pasta, Flour, Grain, Pulses, Dried Fruits, Seeds & Nuts*

It is important to keep in mind that organic and natural food products are vulnerable to insect infestation, especially over the warmer months.

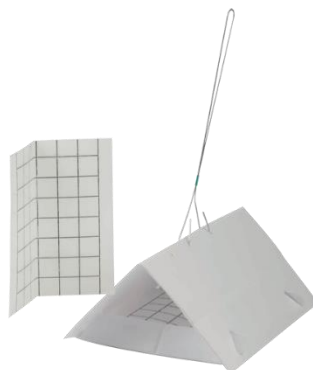
At H2G, our certified organic product has not been chemically treated to protect against these pests. We do not use any sprays or pesticides on our premises, in accordance with our Australian Certified Organic (ACO) certification.

We have provided some information about food and pantry insects, with tips on how to protect your goods and reduce the risk of infestation, in your home or place of business:

- Generally, pests develop in three stages when breeding in stored food product – egg, to larvae and then pupate into adult insects over a period of 2-6 weeks, depending on their environment. They can also breed in a quiet, dark and stable temperature environment.
- These insects can come in many forms: beetles, moths, weevils and mites. You may also see webbing.
- Adult pantry moths only live for 1-2 weeks but can lay 400 eggs during that time. The only way to get rid of them, is to get rid of the eggs and larvae.



- Where possible, it is advisable to keep your goods in a refrigerated location or better still, your freezer. This will not kill the insects, but it does ensure they remain dormant and do not multiply. Larvae can unfortunately find their way into plastic and paper packaging easily. An airtight glass jar or container is the best option, if you are going to store your product over some months.
- Minimally processed foods like wholegrain, may still have microscopic eggs attached to them after harvest. When dealing with products such as stone-ground flour, not all eggs are destroyed in the same way milling would. It is especially important to either freeze or refrigerate this kind of product as soon as you receive it.
- When purchasing bulk product, it is important to rotate and use it regularly. Make sure your containers are washed thoroughly when replacing with a new batch of product.
- All insects and pests need a food source, so ensuring that your storage area is free from food debris (no matter how small) will certainly help.
- Inspect every food item for eggs, larvae and webbing. If they are in the food, throw it out. If they are on the packaging or containers, clean them with vinegar.
- Although these pantry insects affect the quality of the produce, resulting in wasteful food disposal, weevils and pantry moths do not carry disease or viruses, and there is no threat to your health.
- There are chemical free insect pest control options that can help prevent an infestation. This includes electric fly control units, adhesive pads, dried bay leaves and pheromone traps. Use natural cleaners such as eucalyptus oil, tea-tree oil or vinegar to wipe down your shelves regularly. Focus on surfaces with cracks and seams, such as door jambs, door hinges, and skirting boards.



If you have any further queries regarding safe food storage practices and advice, we invite you to contact our friendly customer service team [info@goodness.som.au](mailto:info@goodness.som.au) or Ph: 02 8310 1800