

# Juicing on the Go: How to Store Fresh Juice for Maximum Freshness

Ideally, [fresh juice should be consumed within 20 minutes of juicing](#) . But most of us have busy schedules and it is quite nice to be able to take fresh juice on the go, whether to the office, the gym, or wherever else your happy feet take you.

Here are some tips on how to store your juice for maximum freshness.

## STEP #1. USE ORGANIC PRODUCE

Organic produce is generally better for juicing, especially since you can leave all the nutrition-rich peels on. But it's especially important if you're planning to store your juice. Organic produce starts out with higher levels of nutrient content and since juice storage minimizes some of the nutrition in juices, it's best to start out with more!

If you can't buy all organic, we highly recommend at least buying these [Dirty Dozen fruits and veggies](#) from the organic section.

## Step #2. Use the right juicer

How long fresh juice lasts depends on the juicer that you're using. Centrifugal juicers - such as the [Jack LaLanne juicers](#) and most of the [Breville juicers](#) - produce some heat and friction when juicing which cause oxidation in the juicing process itself and compromise the freshness of the juice.

**Juices made with centrifugal juicers can be stored, but it's honestly not recommended if you want to take advantage of the nutrients before serious oxidative damage occurs.** Even after a few hours, juices made with centrifugal juicers will start tasting a little different from when they were immediately juiced, even when stored following all the juice storing tips listed below.. Drink as soon as possible!

On the other hand, masticating juicers - such as the Omega 8005/8006 juicers - are slow juicers, producing little-to-no heat, which means less oxidation in the juicing process. **Juices made with masticating juicers have a higher shelf life and can be stored for up to 24 hours** while maintaining good nutrient quality.

The best juice quality is produced by twin gear (tritulating) juicers such as the Green Star and **these juices can actually be stored for up to 72 hours** and still retain the majority of their original nutrient potency.

[Read more about different juicers and how they stack up!](#)

## Tip #3. Bottle it up!

It'd be great if we could just re-use water or milk bottles to store fresh juice, but thin plastic containers allow rapid oxidation.

The best containers for juicing are glass. Here are our top picks:

**Kerr® Glass canning jars**

If you're on the market for a bigger size, the glass jar by Kerr are ideal. These are sturdy, even-more-affordable glass containers with tight-fitting caps. You can get them for: [\\$12.00 for a 12 pack of 16 oz. jars](#)



## Tip #4. Store well

As soon as you juice, immediately pour the juice into the glass canning jars above, making sure you leave **very little airspace at the top**. Try to aim for about 1 mm of airspace.

When you go to seal the jar, some of the juice will probably squirt out, which is good since it minimizes the airspace in the jar. Just rinse the sides of the jar.

Refrigerate immediately.

When you're ready to take it with you, opt for a "freezer tote" to keep your juices cool. I like [this one from Amazon](#) it's cheap (\$16.04) and it stores enough juice to keep me satisfied throughout the course of a whole day.

## Tip #5. Drink as soon as possible

As mentioned, in Tip#2 above, the storage times for juices vary but in general, you want to consume the juice as soon as possible.

Also, once you open the stored juice jar, drink the contents all at once to avoid the oxidative damage that will happen from the airspace above the remaining juice. For this reason, even if it's slightly more cumbersome, you should aim to store juice in smaller jars (4 oz. to 16 oz. at the most) so you can drink all of its contents as soon as you've opened it.

Enjoy!