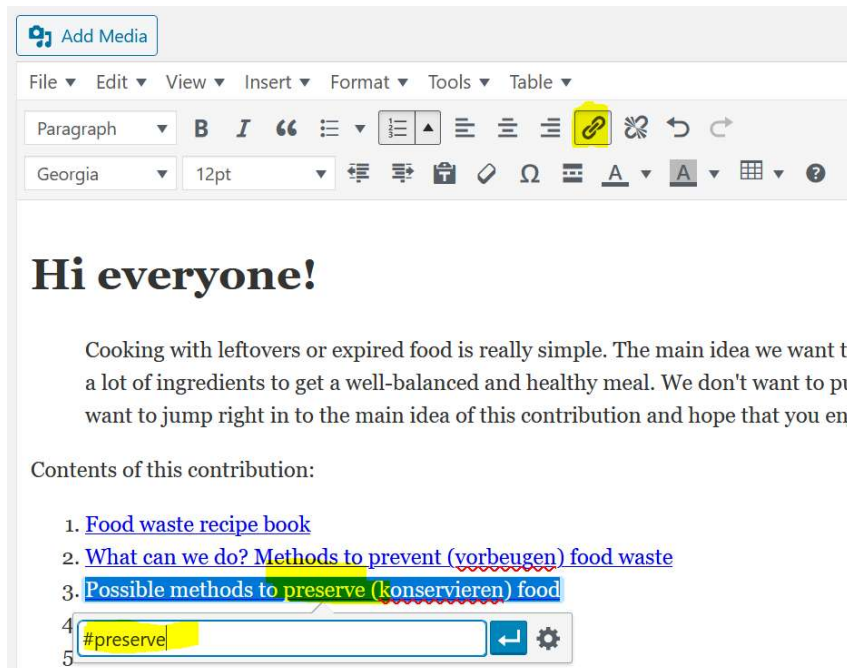
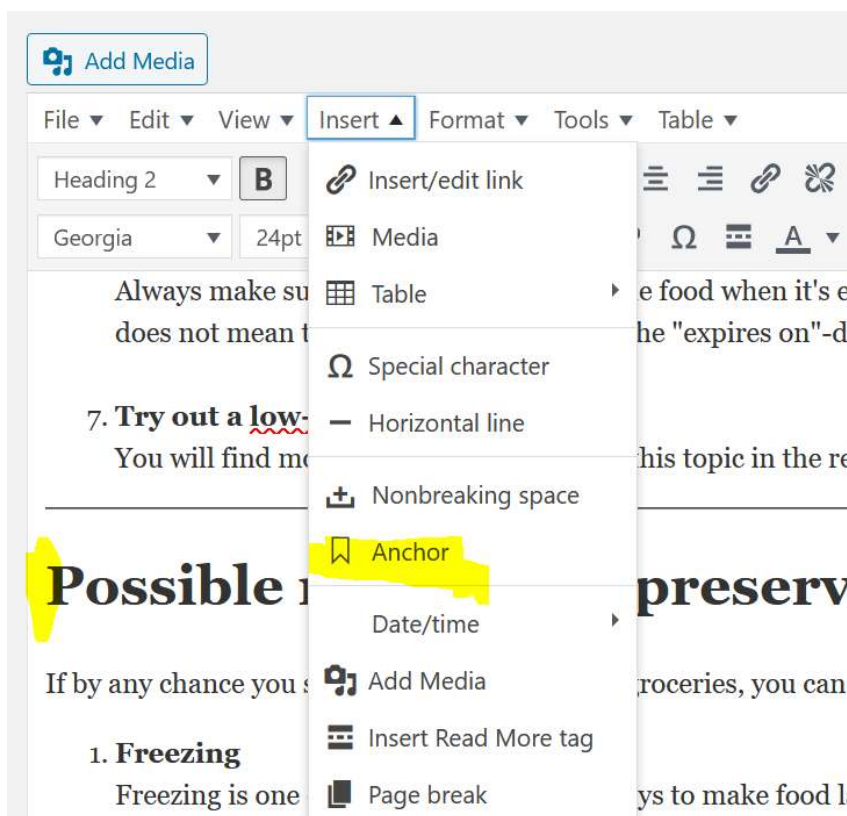


MANUAL WP Sprunglinks



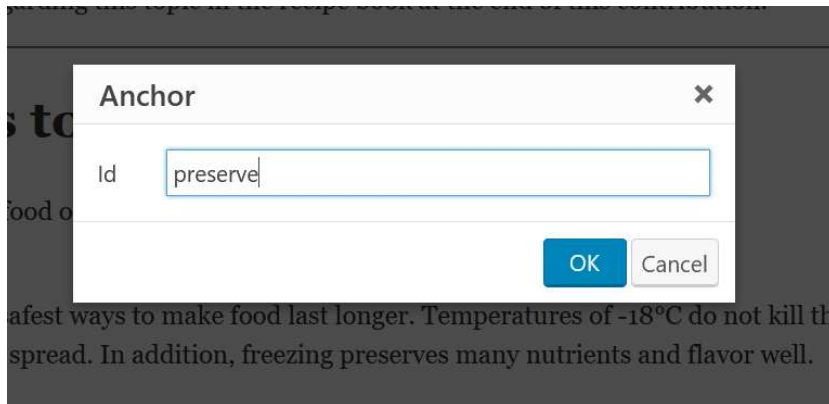
1. den zu verlinkenden Text markieren
2. # (Raute) und sinnvollen Begriff eingeben
3. Zum Sprungziel scrollen und davor den Cursor platzieren
4. Unter Insert den "Anchor" wählen
5. Bei der ID den gewählten Name (Bsp. "preserve") eingeben
6. Der Anker ist gesetzt => mit "Preview changes" testen!



1. Freezing

Freezing is one of the easiest and safest ways to make food last longer. Temperatures of -18°C do not kill the bacteria, but they slow down their spread. In addition, freezing preserves many nutrients and flavor well.

In general, the more watery the food, the less suitable it is for freezing.



For more information regarding this topic, click on the link below.

Possible methods to preserve food

If by any chance you still buy too much food or groceries, you can follow these steps to preserve them.

1. Freezing

Freezing is one of the easiest and safest ways to make food last longer. Temperatures of -18°C do not kill the bacteria, but they slow down their spread. In addition, freezing preserves many nutrients and flavor well.