



THE FOOD GYM AVOCADO

WORKOUT ROUTINE:

1. When cut open, leave the seed
2. Seal tightly in GLAD Cling Wrap
3. Store in the fruit drawer in the fridge

RIPEN WHOLE AT
ROOM TEMPERATURE

GLAD Cling Wrap keeps your avocados
**FRESH
UP TO 3X
LONGER****



1.5 TIGHTER X SEAL*

SAVE GOOD FOOD. FROM GOING BAD.



*Up to 1.5x (or 50%) improvement in GLAD cling film seal to GLAD cling film seal

**Based on moisture loss data and visual appearance compared to no protection



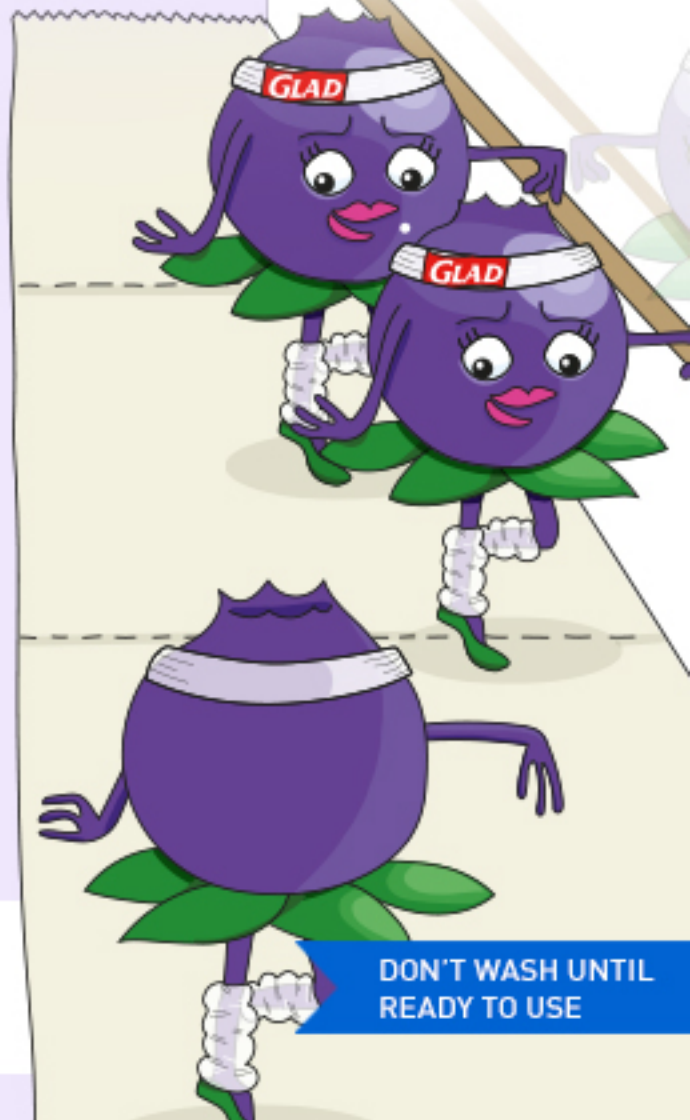
THE FOOD GYM BLUEBERRIES

WORKOUT ROUTINE:

1. Line a bowl with paper towel
2. Place blueberries in an even layer - don't overcrowd
3. Seal tightly in GLAD Cling Wrap
4. Store in the fridge

99%
MOISTURE

GLAD Cling Wrap retains up to 99% moisture over 7 days for blueberries**



DON'T WASH UNTIL
READY TO USE



1.5 TIGHTER X SEAL*

SAVE GOOD FOOD. FROM GOING BAD.

*Up to 1.5x (or 50%) improvement in GLAD cling film to GLAD cling film seal.

**Based on moisture loss data and visual appearance compared to no protection





THE FOOD GYM CAULIFLOWER

WORKOUT ROUTINE:

DON'T WASH UNTIL
READY TO USE

1. Wrap head loosely in GLAD Cling Wrap
2. Place stem-side down to prevent florets from damage
3. Store in the veggie draw in the fridge



1.5 TIGHTER X SEAL*

SAVE GOOD FOOD. FROM GOING BAD.



*Up to 1.5x (Or 50%) Improvement in GLAD cling film to GLAD cling film seal.



THE FOOD GYM LEMON

WORKOUT ROUTINE:

1. Place lemon cut side down on a plate
2. Seal tightly in GLAD Cling Wrap
3. Store in the fridge



1.5 TIGHTER SEAL*

SAVE GOOD FOOD. FROM GOING BAD.



*Up to 1.5x (or 50%) improvement in GLAD cling film to GLAD cling film seal.

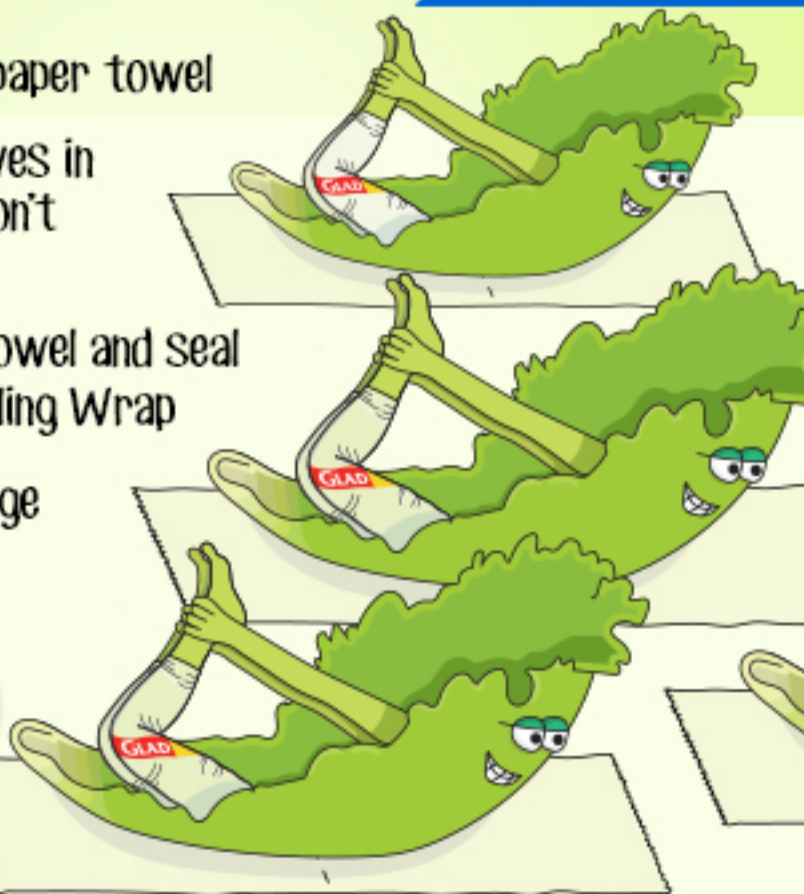
THE FOOD GYM LETTUCE LEAVES

WORKOUT ROUTINE:

DON'T WASH UNTIL
READY TO USE

1. Line a bowl with paper towel
2. Place lettuce leaves in an even layer - don't overcrowd
3. Top with paper towel and seal tightly in GLAD Cling Wrap
4. Store in the fridge

GLAD Cling Wrap keeps your lettuce
**FRESH
UP TO 3X
LONGER****



1.5 TIGHTER X SEAL*

SAVE GOOD FOOD. FROM GOING BAD.



*Up to 1.5x (or 50%) improvement in GLAD cling film to GLAD cling film seal.

**Based on moisture loss data and visual appearance compared to no protection



THE FOOD GYM SPRING ONION

DON'T WASH UNTIL
READY TO USE

WORKOUT ROUTINE:

1. Cut into equal lengths (halves)
2. Place in a GLAD Snap Lock reseal bag
3. Squeeze all the air out and seal
4. Store in the veggie draw in the fridge



SECURE LOCK
GUARANTEE*

SAVE GOOD FOOD. FROM GOING BAD.

*GLAD guarantees 100% quality or we will happily refund your purchase.





THE FOOD GYM STRAWBERRIES

WORKOUT ROUTINE:

DON'T WASH UNTIL
READY TO USE

1. Line a bowl with paper towel
2. Place strawberries in a single layer - don't overcrowd
3. Seal tightly in GLAD Cling Wrap
4. Store in the fridge



99%
MOISTURE

GLAD Cling Wrap retains up to 99% moisture over 7 days for strawberries**



1.5 TIGHTER X SEAL*

SAVE GOOD FOOD. FROM GOING BAD.



*Up to 1.5x (or 50%) improvement in GLAD cling film to GLAD cling film seal.

**Based on moisture loss data and visual appearance compared to no protection