

FRUIT AND VEGETABLE STORAGE GUIDE

INSIDE THE FRIDGE

- Apples, berries, and cherries
- Grapes, kiwi, lemons, and oranges
- Melons, nectarines, apricots, peaches, and plums (after ripening at room temperature)
- Avocados, pears, tomatoes (after ripening at room temperature)
- Almost all vegetables and herbs

OUTSIDE THE FRIDGE

- Bananas, mangos, papayas, and pineapples: store in a cool place
- Potatoes / onions: store in a cool, dark place
- Basil and winter squashes: store at room temperature—once cut, store squashes in fridge

MORE STORAGE TIPS

- If you like your fruit at room temperature, take what you will eat for the day out of the fridge in the morning.
 - Many fruits give off natural gases that hasten the spoilage of other nearby produce. Store bananas, apples, and tomatoes by themselves and store fruits and vegetables in different bins.
 - Consider storage bags and containers designed to help extend the life of your produce.
 - To prevent mold, wash berries just before eating.
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SMART PREP: PREP NOW, EAT LATER

Prepare perishable foods soon after shopping.
It will be easier to whip up meals later in the
week, saving time, effort, and money.

HELPFUL TIPS

- When you get home from the store, take the time to wash, dry, chop, dice, slice, and place your fresh food items in clear storage containers for snacks and easy cooking.
- Befriend your freezer and visit it often. Freeze food such as bread, sliced fruit, or meat that you know you won't be able to eat in time.
- Cut your time in the kitchen by preparing and freezing meals ahead of time.
- Prepare and cook perishable items, then freeze them for use throughout the month. For example, bake and freeze chicken breasts or fry and freeze taco meat.

