

Fruit & Veggie STORAGE GUIDE



Storing your fresh produce correctly is one of the easiest and best ways to keep them fresher, longer, and reduce wasted food.

WHERE	WHAT	HOW
<p>REFRIGERATOR</p> 		<ul style="list-style-type: none"> • Set your fridge to 40 degrees or below. • Store veggies separately from fruit. • Use sealable plastic bags and containers to prevent drying out. • Items that wilt need high humidity while those that rot and mold need low humidity.
<p>COUNTER AND REFRIGERATOR</p> 		<ul style="list-style-type: none"> • Ripen these items loosely on the counter, away from sunlight, heat, and moisture. • When ripe, store in refrigerator to prolong lifespan. • Separate ripe from unripe fruit.
<p>COUNTER</p> 		<ul style="list-style-type: none"> • Store basil in a cup of water, like flowers. • Separate bananas from other produce as they promote ripening.
<p>PANTRY</p> 		<ul style="list-style-type: none"> • Store these items in a cold, dark place like a cupboard or pantry. • Keep potatoes separately from onions to prevent sprouting. • Store an apple with potatoes to prevent sprouting.

GENERAL RULES: Do not wash fresh produce until ready to eat. Always refrigerate cut or peeled produce.