STORE YOUR FRUITS & VEGETABLES RIGHT



Storing food correctly will **SAVE YOU MONEY**, help it stay **FRESH LONGER**, and **REDUCE WASTE**–making the most of what you buy.

EXTRA TIPS TO KEEP FOOD FRESH

- If you prefer your fruit at room temperature, only take what you will eat that day out of the fridge.
- Store bananas, apples, and tomatoes separately from other produce to slow ripening.
- Store fruits and vegetables in different drawers or bins.
- Don't wash fruits or veggies until right before use.
- Keep produce in its packaging.
- Soak wilted vegetables in ice water for 5-10 minutes to re-crisp.



WHERE DOES IT GO?

INSIDE THE FRIDGE

- APPLES
- BERRIES
- CHERRIES
- GRAPES
- KIWIS
- LEMONS
- ORANGES

AFTER RIPENING AT ROOM TEMPERATURE, PLACE IN FRIDGE:

- APRICOTS
- AVOCADOS
- MELONS
- NECTARINES
- PEACHES
- PEARS
- PLUMS
- TOMATOES

OUTSIDE THE FRIDGE

BEST STORED IN A COOL PLACE:

- BANANAS
- MANGOS
- PAPAYAS
- PINEAPPLES

BEST STORED IN A COOL, DARK PLACE:

- POTATOES
- ONIONS
- WINTER SQUASH (ONCE CUT, MOVE TO THE FRIDGE)